

Walk Of Life

拍數: 64 牆數: 2 級數: Improver
編舞者: Mark Simpkin (AUS)
音樂: Walk of Life - Dire Straits



VINE RIGHT, VINE LEFT

- 1-4 Step right to right side, step left behind right, step right to right side, touch left beside right, (vine right)
5-8 Step left to left side, step right behind left, step left to left side, touch right beside left, (vine left)

CHICKEN WALK

- 1-4 Step right forward (twisting 45 degrees right), hold, step left forward (twisting 45 degrees left)
5-8 Walk forward right, left, right, together left (the walk is done in a twisting motion)

TWIST KICKS

- 1-3 Twisting heels right, left, right (kicking left foot at 45 degrees)
4-6 Twisting heels left, right, left (kicking right foot at 45 degrees)
7-8 Step/rock back right, replace weight on left

RIGHT SIDE MAMBO, LEFT SIDE MAMBO

- 1-4 Step/rock right to right side, replace weight on left, step right beside left, hold (mambo)
5-8 Step/rock left to left side, replace weight on right, step right beside right, hold (mambo)

Restart on 6th wall

FORWARD RIGHT COASTER, BACK LEFT COASTER

- 1-4 Step right forward, step left together, step left back, hold (forward right coaster)
5-8 Step left back, step right together, step left forward, hold (back left coaster)

STEP, TURN, STEP, CLAP, STEP, TURN, STEP, CLAP

- 1-4 Step right forward, pivot half turn left (weight on left), step forward right, clap
5-8 Step left forward, pivot half turn right (weight on right), step forward left, clap

STEP, SCUFF, TURN, TOUCH, STEP, LOCK, STEP, HOLD

- 1-4 Step right forward, scuff left, pivot half turn right (weight on right), touch left toe back
5-8 Step left forward, lock right behind left, step left forward, hold

RIGHT TOE, HEEL, STEP, HOLD, LEFT TOE, HEEL, STEP, HOLD

- 1-4 Touch right toe to right side (slightly back), touch right heel to right side, step right in front of left, hold
5-8 Touch left toe to left side (slightly back), touch left heel to left side, step left in front of right, hold

REPEAT

RESTART

During the 6th wall, dance the 1st 32 counts, and start again
Choreographed for my good friends Karl and James Madden