What A Life



級數: Intermediate

拍數: 32 牆數: 4

編舞者: Kathy Hunyadi (USA)

音樂: Life - Des'ree



CHA CHA LEFT BASIC, CHA **CHA** FORWARD, **RIGHT PIVOT** TURN, **SYNCOPATED** 1/2 **TURN** 1,2,3 Step L to left side, Rock back R, Recover weight to L 4&5 Step R forward, Step L up to R (5th foot position), Step R forward 6,7 Pivot on ball of R & Turn 1/2 right stepping back on L, Turn 1/2 right stepping forward on R 8&1 Step forward on L, Turn 1/2 right stepping R in place, Step L forward

SYNCOPATED STEP SLIDE, **ROCK** FORWARD, 1/4 LEFT TURN, **CHA CHA SIDE LEFT 1/4 TURN** 2,3 Step R forward, Step L up to R (3rd foot position) 4&5 Step R forward, Step L up to R, Step R forward (Cha Cha Terrace)

6,7 Rock forward on L, Recover weight to R & turn 1/4 left 8&1 Step L to side, Step R beside L, Turn 1/4 left stepping L forward

ROCK FORWARD, **CHA CHA** LOCK BACK, ROCK BACK, **CHA CHA** LOCK **FORWARD** 2,3 Rock forward on R, Recover weight to L 4&5 Step back on R, Cross L over R, Step back on R 6,7 Rock back on L, Recover weight to R 8&1 Step L forward, Cross R behind L, Step L forward

ROCK FORWARD, **CHA CHA LOCK BACK &** TOUCH, STEP **1/4 TURN** RIGHT, SIDE **TOGETHER** 2,3 Rock R forward, Recover weight to L 4&5 Step back on R, Cross L over R, Step back on R &6,7 Step back on L & Touch R toe next to L foot, Step R foot forward into 1/4 turn right 8& Step L to side, Step R next to L

*NOTE: On wall 5 (front wall) there are 8 extra counts. After count 32 do the following: CROSSOVER

CROSSOVER BREAKS

1,2,3 Step L to side toes turned out, Rock R forward & across L, Recover weight to L 4&5 Cha cha side right - R, L, R (toes turned out on last step) 6,7 Rock L forward & across R, Recover weight to R 8& Step L to side, Step R

Continue from beginning of dance?

next to L