

It's All Life

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lady Lace (UK)
音樂: I'll Wait For Life - Take That



2 SHUFFLES, STEP ½ TURN, TRIPLE FULL TURN, ¼ TURN LEFT

1&2 Step right forward, lock step left behind right, step right forward
3&4 Step left forward, lock step right behind left, step left forward
5-6 Step right forward, pivot ½ turn left shifting weight to left foot
7&8 Full turn forward, stepping right, left, right
& Step left to side making ¼ turn left

CROSS ROCK & CROSS ROCK & CROSS ROCK, RECOVER, 3 ½ TURNS RIGHT, ROCK RECOVER

1-2& Cross rock right over left, recover, step right beside left
3-4& Cross rock left over right, recover, step left beside right
5-6 Cross rock right over left, recover

Traveling forward

8&7& Make ½ turn right and step right forward, turn ½ turn right and step left back, turn ½ turn right and step right forward

Easier option: step right beside left, step left back, step right beside left, rock left to side ¼ turn left, recover

8& Step rock left forward, recover onto right foot

¼ TURN MAMBO FORWARD, MAMBO BACK, STEP LOCK BACK, STEP LOCK BACK, & TOGETHER

1&2 Turn ¼ turn right and rock left forward, recover, step left beside right
3&4 Rock right back, recover, step right beside left
5&6 Step left back, lock step right over left, step left back
7&8 Step right back, lock step left over right, step right back
& Step left beside

Restart here during walls 3 and 6

WEAVE LEFT, POINT, FORWARD POINT, TOE ACROSS UNWIND ¾ TURN, FORWARD

1-2 Sweep right over left, step left to side
3-4 Step right behind, point left to side
5-6 Step left forward, point right to side
7-8 Touch right toe across left, unwind ¾ left, step left forward

REPEAT

RESTART

Restart after 24 counts during wall 3 and 6

TAG

End of wall 7

1-2 Step right forward, ½ turn left shifting weight to left foot
3-4 Step right forward, ½ turn left shifting weight to left foot