

In This Life

拍數: 32 牆數: 4 級數: Intermediate
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音樂: In This Life - Ronan Keating



SIDE ROCK STEP RIGHT AND LEFT, STEP FORWARD ½ TURN RIGHT, FULL TURN LEFT

1-2& Step right to side, rock left behind right, replace weight on right
3-4& Step left to side, rock right behind left, replace weight on left
5-6& Step right foot forward, step left forward, make ½ turn right
7&8 Step forward left, ½ turn left step back right, ½ turn left step forward left

SIDE ROCK STEP RIGHT AND LEFT, STEP LOCK AND ½ TURN WALK LEFT RIGHT

1-2& Step right to side, rock left behind right, replace weight on right
3-4& Step left to side, rock right behind left, replace weight on left
5-6& Step forward right, lock left foot up behind right, take small step forward right foot
7&8& Step forward left, ½ turn right, step forward left foot, step forward right foot

SYNCOPATED ROCK STEPS FORWARD AND BACK, ¼ TURN RIGHT AND LEFT

1-2& Rock forward left foot, replace weight on right, step left beside right
3-4& Rock back right foot, replace weight on left, step right ¼ turn left and slightly to the side
5-6& Rock left foot behind right foot, replace weight on right, step left to left side
7&8 Step right foot behind left, step left to side, step right over left

ROCK AND CROSS SHUFFLE, ¼ TURN, ROCK AND ½, ROCK AND ¼ TURN

1&2 Rock left out to the side, recover weight on right, step left over right
&3&4 Step right slightly to the right, cross left over right, step right back as you make a ¼ turn left, step left slightly back
5&6 Rock back right foot, replace weight on left, make ½ turn left step back right foot
7&8 Make a further ¼ turn left rock left out to side, recover weight on right, cross left over right

REPEAT
