

I've Got Life

拍數: 64 牆數: 2 級數:
編舞者: Wrangler (Rozanne) Wild (AUS)
音樂: Life - E-Type



STEP BACK, FULL TURN, ¼ TURN, STEP SIDE, CROSS, ¼ MONTEREY, TOUCH, TOUCH, STEP

- 1-2-3&4 Step right back, make full turn left traveling back (left, right), turn ¼ left & step left to side, step right over left (9:00)
- 5-6 Point left toe to side, drag left in beside right turning ¼ left stepping left beside right (6:00)
- 7&8 Touch right toe beside left, touch right toe slightly forward, step right slightly forward (weight right)

ROCK FORWARD, BACK, ¼ SIDE SHUFFLE, ½ TURN, ½ TURN, ¾ TURN, SHUFFLE FORWARD

- 1-2-3&4 Rock forward on left, rock back on right, turning ¼ left side shuffle stepping left-right-left (3:00)
- 5-6 Turn ½ right stepping right to side, turn ½ right stepping left to side
- &7&8 On ball of left turn ¾ right, shuffle forward right-left-right (12:00)

ROCK FORWARD, BACK, ¼ SIDE SHUFFLE, ½ TURN, ½ TURN, ¾ TURN, SHUFFLE FORWARD

- 1-2-3&4 Rock forward on left, rock back on right, turning ¼ left side shuffle stepping left-right-left (9:00)
- 5-6 Turn ½ right stepping right to side, turn ½ right stepping left to side
- &7&8 On ball of left turn ¾ right, shuffle forward right-left-right (6:00)

STEP FORWARD, TAP, SCOOT, STEP BACK, ½ TURN, STEP ACROSS, UNWIND FULL TURN, STEP OUT, OUT, IN, IN

- 1-2&3-4 Step left forward, tap right behind left, scoot back on left, step right back, turning ½ left step left forward (12:00)
- 5-6 Step right across left, unwind full turn left (end with legs crossed weight left)
- &7&8 Step right to side, step left to side, step right center, step left center

Restart from here on wall 3

SCUFF, SWEEP & TOUCH, ¼ TURN, HOLD, BALL STEP, STEP FORWARD, KICK ½ TURN SWING, HOOK

- 1-2 Scuff right forward, sweep right around and touch right toes slightly to side
- 3 Bending knees & raising heels roll knees ¼ right turning on balls of feet (end weight left) (3:00)
- 4&5 Hold, step ball of right back, replace weight on left
- 6-7&8 Step right forward, kick left forward, pivot ½ left on ball of right swinging left in arc, hook left under right knee (9:00)

SHUFFLE FORWARD, HOOK ½ TURN, STEP BACK, BACK COASTER, FULL TURN FORWARD

- 1&2-3 Shuffle forward left-right-left, hook right behind left ankle and turn ½ left on ball of left (3:00)
- 4-5&6 Step right back, step left back, step right beside left, step left forward
- 7-8 On ball of left turn ½ left stepping right back, on ball of right turn ½ left stepping left forward, (3:00)

STEP ACROSS, SIDE & TWIST, X SAMBA, STEP ACROSS, SIDE & TWIST, STEP ACROSS, SIDE ROCK, ¼ TURN

- 1-2 Step right across left (toes pointing left), step left to side at same time raise right toes and twist to right
- 3&4 Step right across left, rock step left to side, replace weight on right

- 5-6 Step left across right (toes pointing right), step right to side at same time raising left toes and twist to left
- 7&8 Step left across right, rock step right to side, turning $\frac{1}{4}$ left replace weight forward on left (12:00)

STEP FORWARD, $\frac{1}{2}$ TURN TOUCH, SIDE ROCK, REPLACE, STEP BEHIND, SIDE, FORWARD, ROCK FORWARD, BACK

- 1-2-3-4 Step right forward, turn $\frac{1}{2}$ left on ball of right and touch left, beside right, rock step left to side, replace weight right
- 5&6-7-8 Step left behind right, step right to side, step left forward, rock step right forward, rock back on left (6:00)

REPEAT

RESTART

On wall 3 dance counts 1-32 only, then restart from count 1 facing the front
