

Get A Life

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jan Wyllie (AUS)
音樂: I'm Gonna Love You - Dave Reynolds



- 1-2 Step right to right, step left behind right
3-4 Step right to right making $\frac{1}{4}$ turn right, making $\frac{1}{4}$ turn right step left to left
5-6 Step right behind left, making $\frac{1}{4}$ turn left step forward on left
7-8 Step forward on right, pivot $\frac{1}{2}$ left transferring weight to left
- 1-2 Step right toe across left, drop right heel to floor
3-4 Step back on left toe, drop left heel to floor
5-6 Step right toe to right side, drop right heel to floor
7-8 Step left toe across right, drop left heel to floor
- 1-2 Rock/step right to right, rock weight to left
3&4 Cross shuffle right-left-right
5&6 Shuffle left-right-left while making $\frac{1}{2}$ turn right
7 Step right to right making $\frac{1}{4}$ turn right
8 Step left to left making $\frac{1}{4}$ turn right
- 1-2 Step right to right, step left across in front of right
3-4 Step big step on right to right making $\frac{1}{4}$ turn left, drag left to right
5-6 Rock/step back on left, rock forward on right
7&8 Shuffle forward left-right-left
- 1-2 Rock/step forward on right, rock back on left
&3 Step right beside left, touch left heel forward
&4 Step left beside right, touch right beside left
& Step right beside left
5-6 Step forward on left, pivot $\frac{1}{4}$ turn right transferring weight to right
7&8 Cross shuffle to the right left-right-left
- 1-3 Rock/step right to right, rock weight to left, step right directly in front of left
&4 Bump left heel, bump right heel
5-7 Rock/step left to left, rock weight to right, step left directly in front of right
&8 Bump right heel, bump left heel
- 1-2 Rock forward on right, rock back on left
3-4 Making a full turn to the right step right-left
5&6 Shuffle right-left-right making a further $\frac{1}{4}$ turn right
7&8 Cross shuffle to the right left-right-left
- 1-2 Rock/step right to right, rock weight to left
3-4 Rock right across in front of left, rock back onto left
5-6 Step right to right, step left across in front of right making a $\frac{1}{2}$ turn right
7-8 Rock/step right back behind left, rock weight to left

REPEAT