

Bit Of Life

拍數: 40 牆數: 4 級數: Improver
編舞者: Dawn Rathbun (USA)
音樂: A Little Bit Of Life - Craig Morgan



Start the dance with the vocals 16 Counts in. He will say "little bit of". Start here.

TOE STRUT, CROSS ROCK, FULL TURN LEFT, ROCK

1-2 Touch right toe to right side, drop heel
3-4 Cross left over right, recover weight back to right
5&6 Step forward $\frac{1}{4}$ turn left on left, step back $\frac{1}{4}$ turn left on right, step side $\frac{1}{2}$ turn left on left
7-8 Cross right over left, recover weight back to left

Easier option for counts 5&6 is shuffle side left, right, left

TOE STRUT, ROCK, FULL TURN LEFT, SKATE FORWARD, SKATE FORWARD

1-2 Touch right toe to right side, drop heel
3-4 Cross left over right, recover weight back to right
5&6 Step forward $\frac{1}{4}$ turn left on left, step back $\frac{1}{4}$ turn left on right, step side $\frac{1}{2}$ turn left on left
7-8 Skate forward right, left

Easier option for counts 5&6 is shuffle side left, right, left

SHUFFLE FORWARD, $\frac{1}{2}$ TURN SYNCOPATED ROCK, LOCK STEP, SHUFFLE FORWARD

1&2 Step forward right, slide left to instep of right, step forward right
3&4 Step forward left, recover weight back on right, step forward $\frac{1}{2}$ turn left on left
5-6 Step forward right, lock left behind right
7&8 Step forward right, slide left to instep of right, step forward right

STEP DIAGONAL TOUCH, $\frac{1}{4}$ STEP FORWARD TOUCH, $\frac{1}{4}$ BACK TOUCH, STEP TOUCH

1-2 Step diagonal left, touch right next to left
3-4 Step forward $\frac{1}{4}$ turn right on right, touch left next to right
5-6 Step back $\frac{1}{4}$ turn right on left, touch right next to left
7-8 Step diagonal right, touch left next to right

$\frac{1}{4}$ TURN MODIFIED JAZZ BOX, SYNCOPATED ROCK SIDE CROSS, STEP SIDE, STEP BEHIND

1-2 Cross left over right, step back $\frac{1}{4}$ left stepping right
3-4 Step back left, cross right over left
5&6 Step side left, recover weight back on right, cross left over right
7-8 Step side right, cross left behind right

REPEAT