

Beautiful Life

拍數: 80 牆數: 1 級數: Advanced
編舞者: Andrew Kennedy (CAN)
音樂: Beautiful Life - Ace of Base



FAN HEEL OUT (4 TIMES) / HEEL-HOOK-STEP

&1 Fan right heel out to the right; bring heel back next to left foot
&2 Fan right heel out to the right; bring heel back next to left foot
&3 Fan right heel out to the right; bring heel back next to left foot
&4 Fan right heel out to the right; bring heel back next to left foot
5-6 Touch right heel forward; hook right heel in front of left foot
7-8 Touch right heel forward; step back next to right foot
9-16 Reverse to above 8, but end with left toe touching back

SHUFFLE/PIVOT TURN / STEP-TOUCH

17&18 Shuffle forward left, right, left
19&20 Shuffle forward right, left, right
21-22 Pivot ½ turn right
23&24 Shuffle forward left, right, left
25-26 Pivot ½ turn left
27-28 Pivot ¾ turn left
29&30 Shuffle in place right, left, right
31-32 Step onto left, touch with right

STOMP & SWING FOOT ACROSS OTHER

33& Stomp right foot next to left foot; swing right foot forward
34& Swing right foot back across left foot; swing right foot forward
35& Swing right foot out to the right; swing right foot forward
36 Step down onto right foot next to left
37& Stomp left foot next to right foot; swing left foot forward
38& Swing left foot back across right foot; swing left foot forward
39& Swing left foot out to the left; swing left foot forward
40 Step down onto left foot next to right

STRUTS / SHUFFLES

41-46 Turning to right corner, 2 struts forward; shuffle forward right, left, right
47&48 Shuffle left, right, left while making ½ turn left to opposite corner
49-54 Turning to right corner 2 struts forward; shuffle forward right, left, right
55&56 Shuffle left, right, left while making ½ turn left to opposite corner
57-62 Turning to right corner 2 struts forward; shuffle forward right, left, right
63&64 Shuffle left, right, left while making ½ turn left to opposite corner

STRUT / JUMPING JACKS & HEEL TAPS / 1-½ TURN LEFT

65-68 Straightening to right wall, 2 struts forward
69-70 Jump with feet apart: jump feet together
&71-72 Jump back on right foot, tap left heel forward; jump back together
&73-74 Jump back on left foot, tap right heel forward; jump back together
75-76 Jump with feet apart: jump crossing right foot in front of left
77-80 Unwind 1-½ turns to the left

REPEAT

