

Beautiful Life

拍數: 32 牆數: 2 級數: Intermediate nightclub
編舞者: Phil Carpenter (UK)
音樂: Beautiful Life - Ace of Base



RIGHT CROSS, POINT, LEFT CROSS, POINT, RIGHT JAZZ BOX ¼ TURN RIGHT

1-2 Right cross over left, left point to left
3-4 Left cross over right, right point to right
5-6 Right cross over left, left step back
7-8 Right step to right side turning ¼ right, left step beside right with touch

LEFT ROLLING VINE, RIGHT FORWARD, ½ PIVOT TURN LEFT, RIGHT KICK & POINT

9-10 Left step ¼ turn left, step back on right turning ½ turn left
11-12 Left step to left turning ¼ left, right touch beside left
13-14 Right step forward, ½ pivot turn left
15&16 Right kick forward, right step beside left, left point to left

RIGHT CROSS ROCK, ¾ TRIPLE TURN RIGHT, LEFT HEEL DIG, HOLD, RIGHT & LEFT HEEL SWITCHES

&17-18 Left step beside right, right cross over left, recover weight on left
19&20 ¾ triple turn right stepping right, left, right
21-22 Left heel dig forward, hold
&23 Left step beside right, right heel touch forward
&24 Right step beside left, left heel touch forward

RIGHT ROCK, RIGHT COASTER, LEFT KICK TWICE, LEFT COASTER

&25-26 Left step beside right, right rock forward, recover weight on left
27&28 Right step back, left step beside right, right step forward
29-30 Left kick forward, left kick side left
31&32 Left step back, right step beside left, left step forward

REPEAT

RESTART

When using the Ace Of Base track, there is a 32 count intro after the main beat kicks in. On wall 3, dance steps 1-16&. Then restart the dance

EASY OPTIONS

Steps 9-12 can be replaced with basic grapevine. Steps 19&20 can be replace with right coaster ¼ turn left