

Ordinary Life

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Salter (UK) - September 2007
音樂: Billy Brown - MIKA



RIGHT STRUT, LEFT STRUT, ROCKING CHAIR

1-2 Step right toe forward, drop right heel
3-4 Step left toe forward, drop left heel
5-6 Rock right forward, recover on left
7-8 Rock right back, recover on left

MONTEREY TURN ¼ RIGHT, CROSS, UNWIND TURN ¾ LEFT, LEFT COASTER STEP

1-2 Touch right to side, on ball of left turn ¼ right stepping right together
3-4 Touch left to side, step left together
5-6 Cross right over left, unwind turn ¾ left
Alternative: Monterey turn ¼ right
5-6 Touch right to side, on ball of left turn ¼ right stepping right together
7&8 Step left back, step right together, step left forward

KICK, OUT, OUT, CROSS ROCK, RIGHT CHASSE, CROSS ROCK

1&2 Kick right forward, step right to side, step left to side
3-4 Cross rock right over left, recover on left
5&6 Step right to side, step left together, step right to side
7-8 Cross rock left over right, recover on right

SIDE ROCK, LEFT CHASSE TURN ¼ LEFT, STEP, PIVOT TURN ½ LEFT, FULL TURN LEFT

1-2 Rock left to side, recover on right
3&4 Step left to side, step right together, step left turn ¼ left
5-6 Step right forward, pivot turn ½ left
7-8 Turn ½ left stepping right back, turn ½ left stepping left forward
Alternative: right kick ball change
7&8 Kick right forward, step right together, step left in place

REPEAT

TAG: Dance at end of walls 3, 7 and 9

FORWARD ROCK, SIDE ROCK, BACK ROCK, SIDE ROCK

1-2 Rock right forward, recover on left
3-4 Rock right to side, recover on left
5-6 Rock right back, recover on left
7-8 Rock right to side, recover on left

ENDING: The music finishes just after left chasse turn ¼ left (counts 3 & 4) in section 4 to give a stylish ending, after the chasse, cross right over left and unwind full turn left

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