Life Is A

拍數: 32	牆數: 4	級數: Improver

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音樂: Life Is a Flower - Ace of Base : (CD: Single 1998)

Intro: 16 Counts (Not Phased)

Restart: On Wall 6 After Count 24 Then Start From The Beginning.

(1 – 8) Cross Rock, Recover, Left Side Shuffle, Rock, Recover, Point, ½ Turn Right, Point

1 - 2 ☐	Cross rock left over right, Recover on right
3 & 4 ☐	Step left to left side, Step right next to left, Step left to left side
5 - 6 ☐	Rock back on right, Recover on left (weight stays on left foot)
7 & 8 ☐	Point right to right side, Make ½ turn right stepping right next to left, Point left to left side (weight stays on right foot)

(9 – 16) Left Side Shuffle, Rock, Recover, Step Forward Right, Pivot ½ Turn Left, Step Forward Right, Pivot ¼ Turn Left

1 & 2 ☐	Step left to left side, Step right next to left, Step left to left side
3 - 4 ☐	Rock back on right , Recover on left
5 - 6 ☐	Step forward on right, Pivot ½ turn left
7 - 8 ☐	Step forward on right, Pivot ¼ turn left

(17 – 24) Jazz Box Cross, Right Side Shuffle, Rock, Recover

1 - 2 ☐	Cross right over left, Step back on left
3 - 4 ☐	Step right to right side, Cross left over right
5 & 6 ☐	Step right to right side, Step left next to right, Step right to right side
7 - 8 ☐	Rock back on left, Recover on right (Restart on wall 6 then start from the beginning)

(25 – 32) Left Side Shuffle, Rock, Recover, Rock Forward, Recover, Right Coaster Step

1 & 2 ☐	Step left to left side, Step right next to left, Step left to left side
3 - 4 ☐	Rock back on right, Recover on left (weight on left)
5 - 6 ☐	Rock forward on right, Recover on left
7 & 8 ☐	Step back on right, Step left next to right, Step right forward

Ending: On the wall 11 you will here the music start to fade dance up to count 12 then add two step pivot ½ turns left, Step right forward, Pivot ½ left x2, to finish at the front wall just hold until end of music.