

This Is The Life

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Edith de Groot (NL) - June 2008
音樂: This Is the Life - Amy Macdonald



Intro: 16 count

WALK X2, R-SIDE MAMBO, WALK X2, L-SIDE ROCKSTEP ¼ TURN R

1-2 Walk Forw. R.L.
3&4 R-Side Mambo Step
5-6 Walk Forw. L.R.
7&8 Lf Rock To L-Side, Rf Recover With ¼ Turn R, Lf Beside Rf

½ TURN R X2, COASTERSTEP, SIDE, CLOSE, CHASSE ¼ TURN L

1-2 ½ Turn R Backw. RF Step Forw, ½ Turn R LF Step Back
3&4 R-Coasterstep
5-6 LF Step To L-Side, RF Together
7&8 Chasse L With ¼ Turn L

R-MAMBO FORW, L-MAMBO BACK, HEELJACKS

1&2 R Mambo Forw
3&4 L Mambo Back
5&6 RF Cross Over LV, LF Small Step Back, RF Touch Heel Diagonal R-Forw
&7&8 RF Replace, LF Cross Over RF, RF Small Step Back, LF Touch Heel Diagonal L-Forw

(&) CROSS SHUFFLE, ¼ TURN R X2, LOCKSTEP, FULL TRIPLE TURN L

&1&2 LF Replace, R-Cross Shuffle
3-4 ¼ Turn R LF Step Back, ¼ Turn R RF Step To R-Side
5&6 L-Lockstep Forw
7&8 Full Triple Turn L R.L.R< /B>

walk x2, L-SIDE MAMBO, WALK X2, R-SIDE ROCKSTEP ¼ TURN L

1-2 Walk Forw. L.R.
3&4 L-Side Mambo
5-6 Walk Forw. R.L.
7&8 Rf Rock To R-Side, Lf Recover With ¼ Turn L, Rf Beside Lf

½ TURN L X2, COASTERSTEP, SIDE, CLOSE, CHASSE ¼ TURN R

1-2 ½ Turn L Backw. LF Step Forw, ½ Turn L RF Step Back
3&4 L Coasterstep
5-6 RF Step To R-Side, LF Together
7&8 Chasse R With ½ Turn R

L-MAMBO FORW, R-MAMBO BACK, HEELJACKS

1&2 L-MAMBO FORW
3&4 R-Mambo Back
5&6 LF Cross Over RF, RF Small Step Back, LV Touch Heel Diagonal L-Forw
&7&8 LF Replace, RF Cross Over LF, LF Small Step Back, RF Touch Heel Diagonal R-Forw

(&) CROSS SHUFFLE, ¼ TURN L X2, LOCKSTEP, FULL TRIPLE TURN R

&1&2 RF Replace, L-Cross Shuffle
3-4 ¼ Turn L RF Step Back, ¼ Turn L LF Step To L-Side

5&6 R-Lockstep Forw
7&8 Full Triple Turn R L.R.L.

FINISH:

1&2 R-Mambo Forw
3&4 L-Mambo Back
