

This Is My Life

拍數: 64 牆數: 2 級數: Improver
編舞者: TeeKay (NL) - June 2008
音樂: This Is the Life - Amy Macdonald



Toe Strut X2, Rock Step, Stomp, Stomp

1,2 RF touch toe forward, RF step down
3,4 LF touch toe forward, LF step down
5,6 RF rock to R side, weight back on LF
7,8 RF stomp next to LF, RF stomp next to LF

Toe Strut X2, Rock Step, Stomp, Stomp

1,2 RF touch toe forward, RF step down
3,4 LF touch toe forward, LF step down
5,6 RF rock to R side, weight back on LF
7,8 RF stomp next to LF, RF stomp next to LF

Shuffle, Mambo Step, Monterey Turn (Start)

1,2,3 RF step forward, LF close next to RF, RF step forward
4,5,6 LF rock to left side, weight back on RF, LF close next to RF
7,8 RF touch to R side, make $\frac{1}{4}$ turn R while closing RF next to LF

Monterey Turn (Finish), Monterey Turn, Touches

1,2 LF touch to L side, LF close next to RF
3,4 RF touch to R side, make $\frac{1}{4}$ turn R while closing RF next to LF
5,6 LF touch to L side, LF close next to RF
7,8 LF touch to L side, LF close next to RF

Shuffle. Mambo Cross, Kick, Kick

1,2,3 RF step forward, LF close next to RF, RF step forward
4,5,6 LF rock to L side, weight back on RF, LF cross over RF
7,8 RF kick slightly R forward, RF kick slightly R forward

Weave L, Kick, Weave R, Hold

1,2,3 RF cross behind LF, LF step to L side, RF cross over LF
4,5 LF kick slightly L forward, LF cross behind RF
6,7,8 RF step to R side, LF cross over RF, hold

Pivot, Pivot Back, Coaster Step, Brush

1,2 LF + RF make $\frac{1}{2}$ turn R, hold
3,4 LF + RF turn $\frac{1}{2}$ back, hold
5,6,7 LF step back, RF step next to LF, LF step forward
8 RF brush forward

Cross Toe Struts, Jazz Box

1,2 RF touch toe across LF, RF step down
3,4 LF step on toes to L side, step down on LF
5,6 RF cross over LF, LF step back
7,8 RF step to R side, LF step forward