

Living it up

拍數: 56 牆數: 4 級數: Intermediate
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音樂: The Party's Not Over - Jason Boland & The Stragglers : (CD: Comal County Blue)



Quick intro, starts on the word over.

FORWARD CROSS POINT X 2, BACK POINT X 2

1 – 2 – 3 – 4 Step forward on R, point L to L side, step forward on L, point R to R side
5 – 6 – 7 – 8 Step back on R, point L to L side, step back on L, point R to R side

SAILOR STEP X 2, TOUCH BACK, ¼ R, BACK ROCK RECOVER

1 & 2 Step R behind L, step L to L side, step R to R side
3 & 4 Step L behind R, step R to R side, step L to L side
5 – 6 – 7 – 8 Touch R toe back, ¼ turn R (weight goes onto R), rock back on L, recover onto R

CHASSE L, CROSS ROCK, CHASSE ¼ R, FULL TURN R

1 & 2 Step L to L side, step R beside L, step L to L side
3 – 4 Cross rock R over L, recover onto L
5 & 6 Step R to R side, step L beside R, ¼ turn R stepping R forward
7 – 8 Making ½ turn R step back on L, making ½ turn R step forward on R (Option – Walk, walk)

CROSS SIDE BEHIND POINT X 2

1 – 2 – 3 – 4 Cross L over R, step R to R side, cross L behind R, point R to R side
5 – 6 – 7 – 8 Cross R over L, step L to L side, cross R behind L, point L to L side

FORWARD ROCK COASTER CROSS, SIDE ROCK BEHIND SIDE CROSS

1 – 2 – 3 & 4 Rock forward on L, recover onto R, step back on L, step R beside L, cross L over R
5 – 6 – 7 & 8 Rock R to R side, recover onto L, step R behind L, step L to L side, cross R over L

SIDE TOGETHER, CHASSE ¼ L, PIVOT ½ L SHUFFLE FORWARD

1 – 2 – 3 & 4 Step L to L side, step R beside L, step L to L side, Step R beside L, ¼ turn L stepping L forward
5 – 6 – 7 & 8 Step forward on R, pivot ½ turn L, step forward on R, step L beside R, step forward on R

STEP ¼ R, CROSS SHUFFLE, JAZZBOX ¼ R

1 – 2 – 3 & 4 Step forward on L, pivot ¼ turn R, cross L over R, step R to R side, cross L over R
5 – 6 – 7 – 8 Cross R over L, step back on L, ¼ turn R stepping R to R side, step forward on L