

Live This Life

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - October 2011
音樂: I Won't Let You Go - James Morrison



Starts After 32 Counts. (26 Seconds.. On Music)

Back, Together, Step, Right Lock Step, Rock Step, Behind & Cross.

1-3 Step back on Left, step Right next to Left, step forward on Left.
4&5 Step forward on Right, lock Left behind Right, step forward on Right.
6-7 Rock forward on Left, recover on Right sweeping Left.
8&1 Cross step Left behind Right, step Right to Right side, cross step Left over Right.

Side, Together, Side Together Side, Cross Rock, Side Together 1/4.

2-3 Step Right to Right side, step Left next to Right.
4&5 Step Right to Right side, step Left next to Right, step Right to Right side.
6-7 Cross rock Left over Right, recover on Right.
8&1 Step Left to Left side, step Right next to Left, make 1/4 turn Left stepping forward on Left.

Step, 1/2, Shuffle 1/2, Rock Step, Back, 1/4 Cross.

2-3 Step forward on Right, make 1/2 turn to Right stepping back on Left.
4&5 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, 1/4 turn to Right stepping forward on Right.
6-7 Rock forward on Left, recover on Right.
8&1 Step back on Left, make 1/4 turn to Right stepping Right to Right side, cross Left over Right.

Unwind Full Turn, Rock & Together, Rock Step, Back Lock 1/2.

2-3 Unwind full turn to Right over 2 counts.
4&5 Rock to Right side on Right, recover on Left, step Right next to Left.
6-7 Rock forward on Left, recover on Right.
8&1 Step back on Left, lock Right over Left, make 1/2 turn Left stepping forward on Left

Side, 1/4, Shuffle Forward, Step, Together, Step Lock Back.

2-3 Step Right to Right side, make 1/4 turn to Left stepping Left to Left side.
4&5 Step forward on Right, step Left next to Right, step forward on Right.
6-7 Step forward on Left, step Right next to Left.
8&1 Step back on Left, lock Right over Left, step back on Left.

***1/2, 1/2, Sailor 1/4 Cross, 1/4, 1/4, Sailor 1/2 Cross.**

2-3 Make 1/2 turn to Right stepping forward on Right, 1/2 turn to Right stepping back on Left.
(sweeping Right) (3:00)
4&5 Make 1/4 turn Right cross stepping Right behind Left, step Left next to Right, cross step Right over Left. (6:00)
6-7 Make 1/4 turn to Left stepping forward on Left, 1/4 turn to Left stepping Right to Right side.
(sweeping Left) (12:00)
8&1 Make 1/4 turn to Left cross stepping Left behind Right, 1/4 turn Left stepping Right next to Left, cross step Left over Right. (6:00)

Sweep, Cross, Coaster Cross, Sweep, Cross, Coaster Step.

2-3 Sweep Right around from back to front, cross step Right over Left.
4&5 Step back on Left, step Right next to Left, cross step Left over Right.
6-7 Sweep Right around from back to front, cross step Right over Left.
8&1 Step back on Left, step Right next to Left, step forward on Left.

Step, 1/2, Shuffle Back, Back, 1/2, Mambo Back.

- 2-3 Step forward on Right, make 1/2 turn to Right stepping back on Left.
4&5 Step back on Right, step Left next to Right, step back on Right.
6-7 Step back on Left, make 1/2 turn to Right stepping forward on Right.
8& (1) Rock forward on Left, recover on Right, (step back on Left).
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