

Taking Back My Life

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lesley Clark (SCO) - March 2012
音樂: You Had Me - Joss Stone : (CD: Mind, Body & Soul)



Intro: 16 count intro, start on main vocals

Tag & Restart: On walls 4 and 9 dance up to counts 5&6 in section 2 add the tag and then restart

Section 1: MAMBO, COASTER STEP, STEP, PIVOT, STEP, SHUFFLE FORWARD

1&2 Rock forward on right, recover on left, step right next to left
3&4 Step back on left, step right next to left, step forward on left
5&6 Step forward on right, ½ turn left, step forward on right
7&9 Step forward on left, step right next to left, step forward on left

Section 2: STEP, ¼ TURN, CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS, LOCK STEP BACK

1&2 Step forward on right, ¼ turn left, cross step right over left
3-4 Rock left out to left side, recover on right
5&6 Step left behind right, step right to right side, cross step left over right *****
7&8 ¼ turn left stepping back on right, lock left in front of right, step back on right

Section 3: COASTER STEP, SKATE, SKATE, MAMBO, SAILOR ¼ TURN

1&2 Step back on left, step right next to left, step forward on left
3-4 Skate forward right and left
5&6 Rock forward on right, recover on left, step right next to left
7&8 Sailor ¼ turn left

Section 4: ROCK, RECOVER, CROSS RIGHT & LEFT, LOCK STEP BACK, SAILOR ½ TURN

1&2 Rock right out to right side, recover on left, cross step right over left
3&4 Rock left out to left side, recover on right, cross step left over right
5&6 Step back on right, cross left in front of right, step back on right
7&8 Sailor ½ turn left

TAG: Sway right & Left and the restart the dance

Start Again.....Happy Dancing.....