

# A Rich Life

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Francien Sittrop (NL) - July 2012  
音樂: Life - Beckah Shae : (Album: Life)



**Intro : Start after 32 Counts from the Beginning**

**[1 – 8] Walks fwd R,L, Touches ½ R with Hitches, Side Shuffle R**

- 1 – 2      Walk Fwd R,L
- 3 – 4      Touch R to R side, ¼ Turn R with R hitch
- 5 – 6      Touch R to R side, ¼ Turn R with R hitch (06.00)
- 7 & 8      Step R to R side, Step L next to R , Step R to R side

**[9-16] Rock Recover, Fwd , Touch, Fwd with Toe Touches**

- 1 – 2      Rock L back, Recover on R
- 3 – 4      Step L fwd, Touch R to R side
- 5 – 6      Step R fwd, Touch L to L side
- 7 – 8      Touch L fwd, Touch L to L side

**[17-24] Together , Touch , Hitch, Side Shuffle , Rock Recover , Toe Strut**

- &1-2      Step L next to R, Touch R to R side, Hitch R
- 3 & 4      Step R to R side, Step L next to R, Step R to R side
- 5 – 6      Rock L back , Recover on R
- 7 & 8      Step L fwd on toes, Step L heel down

**[25-32] Toe Swivel ½ R , Out Out In Touch**

- 1 - 2      Swivel on R heel your foot ¼ Turn to the R side ,Swivel on L Heel your foot ¼ Turn R (09.00)
- 3 - 4      Swivel on R heel your foot ¼ Turn to the R side . Step L to L side (12.00)
- 5 – 8      Step R fwd out , Step L fwd out, Step R back in, Touch L next to R (\*\*R\*\*)

**[33-40] Box Step ¾ R , Rock Recover , Coaster step**

- 1 – 2      Step L to L side, ¼ R step R to R side
- 3 – 4      ¼ R step L to L side, ¼ R step R to R side (09.00)
- 5 – 6      Rock L fwd, Recover on R
- 7 & 8      Step L back, Step R next to L, Step L fwd

**[41-48] Step fwd, ¼ L , Cross Shuffle , Anchor Step with Flick ¼ L**

- 1 – 2      Step R fwd, ¼ Turn L
- 3 & 4      Step R across L, Step L to L side, Step R across L
- 5 – 6      Step L diag L fwd, Lock R behind L (04.30)
- &7-8      Recover Fwd on L, Recover back on R, Step fwd on L and flick R back 2/8 turn to the L (03.00)

**[49-56] Cross Side Sailor step, Cross Side Sailor ½ L**

- 1 – 2      Step R across L, Step L to L side
- 3 & 4      Step R behind L, Step L next to R, Step R to R side
- 5 – 6      Step L across R, Step R to R side
- 7 & 8      Step L behind R with ½ Turn to the L , Step R to R side , Step L to L side (09.00)

**[57-64] Rock Recover, Shuffle ½ R, Rock Recover , Heel Jack , Step fwd**

- 1 – 2      Rock R fwd, Recover on L
- 3 – 4      Shuffle ½ Turn R with R , L, R (03.00)
- 5 – 6      Rock L fwd, Recover on R

&7-8            Step L next to R, Step R back and Touch L heel fwd, Step L fwd (you can flick your R back when you step L fwd)

**Restarts: During wall 2 & 5 after count 31; Instead of touch L next to R –  
Step L next to R and start again with count 1.**

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**Last Revision - 3rd July 2012**

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