

Life

拍數: 32 牆數: 4 級數: Beginner
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音樂: Life - Des'ree



Notes : Start after 32 count - Tag after 4th wall

(1-8) Diagonal Lock Step and Lock shuffle

1 - 2 Step R diagonal forward (01.30), lock step L behind R
3 & 4 Step R forward, step L behind R, step R forward
5 - 6 Step L diagonal forward (10.30), lock step R behind L
7 & 8 Step L forward, step R behind L, step L forward

(9-16) Point, step back and coaster step, ½ monterey turn

1 - 2 Point R forward, step R back
3 & 4 Make 1/8 turn right stepping back on L (12.00), step R beside L, step L forward
5 - 6 Touch R to side, make ½ turn right stepping R beside L (06.00)
7 - 8 Touch L to side, step L together

(17-24) Cross step, cross shuffle, side touch and ¼ turn shuffle

1 - 2 Cross R over L, step L to side
3 & 4 Cross R over L, step L to side, cross R over L
5 - 6 Step L to side, touch R next to L
7 & 8 Make ¼ turn right stepping R forward (03.00), step L behind R, step R forward

(25-32) Skate, mambo, side cross

1 - 2 Skate L forward, skate L forward
3 & 4 Step L forward, recover on R, step L back
5 & 6 Step R to side, recover on L, cross R over L
7 & 8 Step L to side, recover on R, cross L over R

Tag: Vine, chasse and New York

1 - 2 Step R to side, cross L behind R
3 & 4 Step R to side, step L beside R, step R to side
5 - 6 Cross L over L, recover on R
7 & 8 Step L to side, step R beside L, step L to side

Enjoy and have fun