# Ballroom of Life

拍數: 68

級數: Improver / Easy Intermediate

編舞者: Andy King - February 2013

音樂: Come on Dance - John Mcnicholl

\* NOTE: Dance starts with Vocals

## (1-16) Touch Right to right, Touch together, Touch Right to right, Hold: Triple Step RLR, Hold. Touch Left to Left, Touch together, Touch left to left, Hold: Triple Step LRL Hold.

- 1-4 Touch right to right side, Touch right next to left, Touch right to right, Hold
- 5-8 Triple step, right, left, right on the spot, Hold
- 9-12 Touch left to left side, Touch left next to right, Touch left to left side, Hold
- 13-16 Triple step left, right, left on the spot, Hold

#### (17-32) Right Rocking Chair. Right Shuffle forward, Hold, Left Rocking Chair, Left Shuffle forward, Hold

- 17-20 Rock forward right, Rock back onto left, Rock back onto right, Rock forward onto left 21-24 Step forward right, step left to right, step forward right, Hold.
- 25-28 Rock forward left, Rock back onto right, Rock back onto left, Rock forward onto right
- 29-32 Step forward left, step right to left, step forward left, Hold.

#### (33 –36) 1/2 turn Right Monterey, Right Heel Switch, Left Heel Switch,

- 33-36 Point right to right side, Make 1/2 turn right stepping right beside Left, Point left to left side, step left beside right,
- 37-40 Tap right heel forward, step in place, Tap left heel forward, step in place

#### (41-48) Right Shuffle forward, Left Heel Switch, Right Heel switch,

- 41-44 Step forward right, bring left to right, step right forward, Hold,
- 45-48 Tap left heel forward, step in place, Tap right heel forward, step in place

#### (49 - 56) 1/2 turn right with X3 Left Paddle steps, Stomp, Touch

49-56 Step forward Left, Turn 1/3 right, recover on right Three times to complete a half turn, Stomp Left, Touch right next to left

#### (57 - 64) Vine Right / Hitch left, Vine Left, Touch Right to Left

- 57-60 Step right to right. Step left behind right. Step right to right, hitch left
- 61-64 Step left to left, step right behind left, step left to left, touch right to left

#### (65 - 68) 1/2 turn right Monterey

65-68 Point right to right side, Make ½ turn right stepping right beside left, Point left to left side, step left beside right

#### **REPEAT Enjoy**

## 20 Count TAG: At the end of Walls 5 and 7

1-8 Right Skate forward, Left Skate forward, Right shuffle forward, Hold,

Step forward with right skate step, Step forward with a left skate step, Step forward right, bring left to right, step right forward, hold

9-16 Rock forward left Hold, Rock back on Right Hold, Left reverse chassis,

Rock forward on left, Hold, Rock back on right, Hold, turn into a reverse ½ turn chassis over left shoulder, Hold

17-20 Right side touch, Left side touch,

Step right, touch left to right. Step left, touch right to left,

## RESTART: Dance the First 16 counts at the start of Wall 8 > THEN Restart





**牆數:**2

FINALE: Wall 10 - Dance the first 16 steps then cross right over left and unwind to face front of hall and spread arms

Please Note:

Every effort has been made to ensure this step sheet is accurate. Should you find any errors, PLEASE let me know via e-mail. Thank you Andy: kingandy1@hotmail.co.uk