

Back 2 Life

拍數: 64 牆數: 4 級數: Intermediate - WCS
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音樂: Back 2 Life - E-Type



Start after 32 counts

SIDE, HITCH, COASTER STEP, PIVOT ½ TURN R, COASTER STEP

1-2 Step RF to side, make a hitch with LF
3&4 Step LF back, step RF next to LF, step LF fwd
5-6 Step RF fwd, step LF back turning ½ R
7&8 Step RF back, step LF next to RF, step RF fwd

FULL TURN R, CHASSÉ FWD, ROCK STEP, CHASSÉ ½ TURN R

1-2 Step LF back turning ½ R, Step RF fwd turning ½ R
3&4 Chassé fwd stepping left, right, left
5-6 Rock RF fwd, recover LF
7&8 Chassé back turning ½ R and stepping right, left, right

OUT, OUT, IN, TOUCH, ROLLING VINE 1¼ TURN R INTO CHASSÉ

1-4 Step LF diagonally fwd, step RF diagonally fwd, step LF back in place, touch RF next to LF
5-6 Step RF fwd turning ¼ R, step LF back turning ¼ R
7&8 Chassé back turning ½ R and stepping right, left, right

CROSS, BACK & CROSS, HITCH, CHASSÉ L, CHASSÉ R ¼ TURN R

1-2 Cross LF over RF, step RF back
&3 Close LF to RF, cross RF over LF
4 Hitch with LF
5&6 Chassé to left stepping left, right, left
7&8 Chassé to right turning ¼ R and stepping right, left, right

CROSS, SIDE, SAILOR ¼ TURN L, MONTEREY TURN, STEP TURN

1-2 Cross LF over RF, step RF to right
3&4 Cross LF behind RF turning ¼ L, step RF to side, step LF to side
5-6 Touch RF to side, pull RF next to LF turning ½ R
7-8 Step LF fwd, turn ½ R without weight change (so the weight is also on the LF)

ROCK BACK, TRIPLE FULL TURN, STEP-LOCK-STEP, OUT-OUT, KNEE IN

1-2 Rock RF back, recover LF
3&4 Step RF back turning ½ L, step LF fwd turning ½ L, step RF fwd
5&6 Step LF fwd, lock RF behind LF, step LF fwd
&7-8 Step RF to right, step LF to left, swivel right knee to left

TURN ¼ R, KICK, COASTER STEP, PIVOT TURN ½ L, SAILOR ¼ TURN L

1 Swivel right knee to right turning ¼ R
2 Kick RF fwd
3&4 Step RF back, step LF next to RF, step RF fwd
5-6 Step LF fwd, step RF back turning ½ L
7&8 Cross LF behind RF turning ¼ L, step RF to right, step LF to left

PADDLE TURN ½ TURN, JAZZBOX

1-2 Touch RF to right, make a ¼ Turn L

3-4 same as 1, 2

Styling for 1-4: roll your hips in an anticlockwise circle

5-8 Cross RF over LF, step LF back, step RF to right, step LF next to RF

REPEAT

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