

More Than Life

拍數: 46 牆數: 2 級數: Intermediate
編舞者: Natasha Ind (UK) - April 2014
音樂: More Than Life - Gary Barlow



16 count intro start on vocal.

S1: Side rock, return x2 toe, heel, land, cross half turn unwind right.

1&2 Right side rock, return
3&4 Left side rock return, landing left foot.
5,6,&7,8 Right toe, heel, land and Cross left over right then slowly ½ unwind over right shoulder.

S2: Side rock return x2, toe, heel, back rock recover.

1&2 Right side rock return
3&4 Left side rock return, landing left foot.
5,6,7,8 Right toe, heel, back rock, recover onto left.

S3: Forward shuffle x2 pivot half turns left x2.

1&2 Step right forward, left next to right, right forward
3&4 Step left forward, right next to left, step left forward
5,6,7,8 Touch right forward, pivot half left. Step right forward, pivot half turn left.

S4: Side rock, behind, side cross x2.

1,2,3&4 Rock Right to right side, step right behind left, step left to left side, cross right in front of left.
5,6,7&8 Rock left to left side, step left behind right, step right to right side, cross left in front of right.

S5: Walk full turn Right, walk forward.

1,2,3,4 Walk full turn right stepping Right,Left,Right,Left
5,6,7,8 Walk forward, Right, Left, Right, Left.

**** Restart here on wall 3. You will hear the music start to get a strong beat once landed Left foot at the end of the walk the beat will then kick in as you start the side rocks.**

S6: Touch, kick, coaster step. Heel, Toe, Land.

1,2,3&4 Touch Right next to left, Kick slightly forward, step Right back, step Left next to Right, step Right forward.
5,6& Touch Left next to Right, Left heel dig and land left foot.

End of dance

Thank you to Claire for the suggestion/telling me to write a dance to this track. X

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