

Life of Brian

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Videbæk Group - July 2014
音樂: Always Look On the Bright Side of Life - Monty Python



Sec. 1: □Step, lock, step, brush x2,

1,2,3,4 Step R forward, Lock L behind R, Step R forward, brush L (Look out...R "shadowhand")
5,6,7,8 Step L forward, Lock R behind L, Step L forward, brush R (Look out... L "shadowhand")

Sec. 2: □Jazzbox ¼ turn, Vine, syncopated Vine

1,2,3,4 Cross R in front of L, ¼ R stepping back L, Step R to R side, step L across R
5,6&7,8 Step R to R side, step L behind R, step R to R side, step L across R, step R to R side

Sec. 3: □Toestrut x2, kick ball point x2

1,2,3,4 Touch L toe forward, step down onto L, touch R toe forward, step down onto R (finger snaps)
5&6 kick L forward, step down onto L, Point R to R side
7&8 kick R forward, step down onto R, Point L to L side

Sec. 4: □cross rock, chasse, sailor ¼, step ½ turn

1,2,3&4 Rock L across R, recover onto R, step L to L side, step R together, step L to L side
5&6 step R behind L, ¼ turn R stepping L to L side, step forward R
7,8 step forward onto L, ½ R stepping forward R

Sec. 5: □step, scuff, step, scuff, rock step, tripple full turn

1,2,3,4 step forward L, scuff R, step forward R, scuff L (hands in side)
5,6 rock L across R, recover onto R
7&8 full triple turn L,R,L

(easy option 7&8 coaster step)

Sec. 6: cross, side, sailor step, cross, side, sailor ¼ turn

1,2 step R across L, step L to L side,
3&4 step R behind L, step L to L side, step R to R side
5,6 step L across R, step R to R side,
7&8 step L behind R, ¼ L stepping R, step L to L side

Sec. 7: □syncopated vine x 2, chasse

1,2&3 step R to R side, step L behind R, step R to R side, step L across R
4,5&6 step R to R side, step L behind R, step R to R side, step L across R
7&8 step R to R side, step L together, step R to R side (prep for turn)

Sec. 8: □¼ turn L, full turn L, brush, Lock step x2

1,2,3,4 ¼ L stepping forward L, ½ turn L stepping back R, ½ turn L stepping forward L, brush R
5&6 step forward R, step L behind R, step forward R
7&8 step forward L, step R behind L, step forward L

ENDING: sec. 6 count 7&8 Sailor ½ turn

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