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| Adventure of A Lifetime |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner - Non Country | . |
| **Choreographer:** | Fabien REGOLI (FR) - January 2016 | | | | |
| **Music:** | Adventure of a Lifetime - Coldplay | | | | |
| . | | | | | | |

**SECTION 1 : Rock Step fwd right, Triple Step back, Rock Step back left, Triple Step fwd**

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| --- | --- |
| 1-2 | Step forward to rest , back support left |

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| --- | --- |
| 3 & 4 | Shuffle back ( R/L/R) |

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| --- | --- |
| 5-6 | bear left back , right back support |

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| --- | --- |
| 7 & 8 | Shuffle forward (L/R/L ) |

**SECTION 2 : Step fwd right,1/4 Turn, Behind side cross, Rock side left, Behind side cross**

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| --- | --- |
| 1-2 | Step forward , 1/4 Tour left |

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| --- | --- |
| 3 & 4 | Cross right last left , left uncross left, cross right over left |

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| --- | --- |
| 5-6 | left left side to rest , recover right support |

|  |  |
| --- | --- |
| 7 & 8 | Cross left behind right, uncross right to the right, cross left over right |

**SECTION 3 : Walk fwd right/left, Triple Step fwd, Rock Step fwd, Triple Step back**

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| --- | --- |
| 1-2 | Walk Forward right / left |

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| --- | --- |
| 3 & 4 | Shuffle forward ( R/L/R) |

|  |  |
| --- | --- |
| 5-6 | Step forward to rest , recover right support |

|  |  |
| --- | --- |
| 7 & 8 | Shuffle back ( L/R/L) |

**SECTION 4 : Walk back right / left, Coaster Step, Mambo side left cross, kick Ball change**

|  |  |
| --- | --- |
| 1-2 | Walk back right / left |

|  |  |
| --- | --- |
| 3 & 4 | Step right back , left beside right, step in front |

|  |  |
| --- | --- |
| 5 & 6 | Left on the left side to rest , recover onto right , cross left over right |

|  |  |
| --- | --- |
| 7 & 8 | Kick forward right, recover Baule right , left take support |

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