|  |  |
| --- | --- |
| Live It Up |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Irene Tang (HK) - October 2012 | | | | |
| **Music:** | Back 2 Life (Live It Up) (feat. T.I.) - Sean Kingston : (iTunes) | | | | |
| . | | | | | | |

**Count In: 16 counts after heavy beat (approx 21 sec)**

**SEC 1: 2 WALK, MAMBO 1/4, EXTENDED WEAVE 1/2**

|  |  |
| --- | --- |
| 1-2 | Step RF fwd, Step LF fwd |

|  |  |
| --- | --- |
| 3&4 | Rock RF fwd, Recover on LF, Turn 1/4 R stepping RF to R (3:00) |

|  |  |
| --- | --- |
| 5&6& | Cross LF over RF, Step RF to R, Cross LF behind RF, Step RF to R |

|  |  |
| --- | --- |
| 7&8 | Cross LF over RF, Turn 1/4 R stepping RF back, Turn 1/4 R stomping LF fwd (9:00) |

**SEC 2: 2 X SIDE BACK CROSS, 2 X STEP PIVOT 1/2**

|  |  |
| --- | --- |
| 1-2& | Step RF big step to R, Rock LF back, Cross RF over LF |

|  |  |
| --- | --- |
| 3-4& | Step LF big step to L, Rock RF back, Cross LF over RF |

|  |  |
| --- | --- |
| 5-6 | Step RF fwd, pivot 1/2 L transferring weight to LF (3:00) |

|  |  |
| --- | --- |
| 7-8 | Step RF fwd, pivot 1/2 L transferring weight to LF (9:00) |

**SEC 3: CROSS ROCK, RECOVER, 1/4 SAILOR FWD, RUN CURVY 1/2 L**

|  |  |
| --- | --- |
| 1-2 | Cross RF over LF, Recover on LF |

|  |  |
| --- | --- |
| 3&4 | Turn 1/8 R stepping RF back, Turn 1/8 R stepping LF slightly to L, Step RF fwd |

**(Slightly torque upper body to R locking thighs together preparing for the runs in curve) (12:00)**

|  |  |
| --- | --- |
| 5&6& | Start 1/2 L running small step fwd in curve L-R-L-R (9:00) |

|  |  |
| --- | --- |
| 7&8 | Run small step fwd L-R-L completing 1/2 L (6:00) |

**SEC 4: JAZZ 1/2, OUT OUT, KICK BALL POINT, TOE SWITCHES**

|  |  |
| --- | --- |
| 1-2 | Cross RF over LF, Close LF to RF turning 1/2 R (12:00) |

|  |  |
| --- | --- |
| 3-4 | Step RF out to R, Step LF out to L |

|  |  |
| --- | --- |
| 5&6& | Kick RF fwd, Step RF down, Point LF to L, Close LF to RF |

|  |  |
| --- | --- |
| 7&8& | Point RF to R, Close RF to LF, Point LF to L, Close LF to RF |

**SEC 5: FWD, 1/2, STEP PIVOT 1/2, BACK ROCK, RECOVER, 3/4 TURN, SIDE**

|  |  |
| --- | --- |
| 1-2 | Step RF fwd, Pivot 1/2 R hitching LF up (6:00) |

|  |  |
| --- | --- |
| 3-4 | Step LF fwd, pivot 1/2 R with weight keeping on LF (12:00) |

|  |  |
| --- | --- |
| 5-8 | Rock RF back, Recover to LF, Close RF to LF turning 3/4 L, Step LF to L (3:00) |

**SEC 6: FWD, RECOVER, SAILOR STEP, SAILOR STEP, FWD, TRIPLE FULL TURN**

|  |  |
| --- | --- |
| 1-2 | Rock RF fwd, Recover on LF sweeping RF to back |

|  |  |
| --- | --- |
| 3&4 | Step RF behind LF, Close LF to RF, Step RF diag fwd (4:00) |

|  |  |
| --- | --- |
| &5& | Step LF behind RF, Close RF to LF, Step LF diag fwd (do the fast sailor steps on ball) (2:00) |

|  |  |
| --- | --- |
| 6 | Step RF fwd slightly across left (lock thighs together to help next turn) (3:00) |

|  |  |
| --- | --- |
| 7&8 | Unwind triple full turn left LRL |

**ENDING: After Wall 6 facing 6:00, Do Section 1 with a mambo 1/2 instead to 12:00, do the extended weave a bit faster with no turn (5&6&7), end with stepping RF big step to R**

**Contact - Website: www.linedancehk.com - Email: crazylinedancer@yahoo.com.hk**