

Oh Life

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Diana Liang (CN) - September 2018
音乐: Houlai by Ella



Bridge or Restart depending on music version

Chinese music version by Ella:

Restart during w7 after 16 count , then follow the music to the end

English music version by Sofia Kallgren:

Restart during w7 after 16

Easy bridge, during w 8 in between S2 and S3, 4 count sway RL x 2

S1: 1/2 LT Sweep Back, Back Lock, Wind/Unwind, Bak/Sweep, Back Sit Recover

1 2 Rf forward 1/2 LT Lf sweep back on 1, Lf lock behind Rf facing 430 on 2
3 4 Wind to right weight on Rf facing 730 on 3, Unwind 1/2 LT and sweep Lf back facing 1200 on 4
5 6 Lf back and sweep Rf back on 5, Rf back and sweep Lf back on 6
7 8 Lf back sit with body facing 900 on 7, Rf recover on 8

S2: Forward Sweep LRL, Run RLR, 1/4 RT, Wave

1 2 3 Lf kick/ forward while Rf sweep from back to front on 1, Rf forward while Lf sweep from back to front on 2, Lf forward while Rf sweep from back to front on 3
4&5 Rf run forward on 4, Lf run forward on &, Rf rock forward on 5
6 7 1/4 RT Lf recover on 6, 300, Rf side on 7
&8& Lf cross on &, Rf side on 8, Lf behind on &

S3: R Slide, Sway LR, L Slide, Sway RL

1 2 Rf big slide side on 1, Lf drag close to Rf on 2
3 4 Lf side/sway to left on 3, sway to right and close Lf to Rf on 4
5 6 Lf big slide side 5, Rf drag close to Lf on 6
7 8 Rf side/sway to right on 7, sway to left and close Rf to Lf on 8

(Sway option: with upper body side roll from down to up)

S4: Cross shuffle, 1/8 RT Back, 1/8 RT Forward, 1/4 RT Side, Cross Mambo RL

1&2 Rf cross on 1, Lf side on &, Rf cross on 2
3&4 1/8 RT Lf back on 3 to 430, 1/8 RT Rf forward on & to 600, 1/4 RT Lf side on 4 to 900
5&6 Rf cross rock on 5, Lf recover on &, Rf side on 6
7&8 Lf cross rock on 7, Rf recover on &, Lf side on 8

Ending: First 2 Counts of S1, but making 3/4 LT to face 1200

Thanks and happy dancing!

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