Live & Learn

级数: High Beginner

编舞者: Karen Hill (UK) - 5 March 2024

音乐: Follow Your Arrow - Kacey Musgraves

Count in: 16

Section 1: side together, shuffle forward x 2

- Step right to right side, step left next to right (weight on left) 1 - 2
- 3&4 Right shuffle forward
- 5 6 Step left to left side, step right foot next to left (weight on right)
- 7 & 8 Left shuffle forward

Section 2: Quarter turn, weave, heel forward, hold. Cross shuffle

- 1 2 Step right foot forward, quarter turn to left (weight on left foot)
- 3 & 4 & Right cross in front of left, left foot to left side, right cross in front of left, cross left behind right.
- 5&6 Right heel forward, hold whilst you double clap
- & Bring right foot in place
- 7 & 8 Cross left in front of right, small step with right, cross left in front of right (cross shuffle)

Section 3: Right side together, quarter turn right shuffle, step left foot forward quarter turn to right, left cross shuffle

- Step right to right side, step left foot next to right, taking weight. 1 - 2
- 3 & 4 Step right side, together with left, quarter turn right
- 5 6Step left foot forward, guarter turn to right (weight on right)
- 7 & 8 Cross left foot over right, small step with right, step left over right (cross shuffle)

\$ - WALL 4 - TAG – WALK, RIGHT, LEFT THEN RESTART \$

Section 4: Right side rock recover, behind side cross. Rock forward left recover, left coaster cross

- 1 2Rock weight out to right side, recover weight onto left
- 3 & 4 Cross right behind left, step left to left side, cross right in front of left.
- 5-6 Rock weight forward onto left foot, recover weight onto right foot in place
- 7 & 8 Step left foot back, bring right foot next to left, cross left in front of right

Enjoy! Dedicated to the 3 wise chimps

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拍数: 32

墙数:4