

Beautiful Life

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Stephen & Lesley McKenna (SCO) - March 2025
音乐: Beautiful Life (From the Motion Picture Abominable) - Bebe Rexha



Intro: 16 counts on heavy beat

Sec 1 Side, behind, ball, cross, ¼ L hitch R, rock, rec, R shuffle

1-2 Step R to R side, step L behind R
&3-4 Step R next to L, cross L over R, make ¼ L hitching R knee
5-6 Rock forward R, recover L
7&8 Step forward R, step L next to R, step forward R

Sec 2 Pivot ¼ R, cross, point, full turn paddle touches

1-2 Step forward L, make ¼ R
3-4 Cross L over R, point R to R side
5-6-7-8 Make ¼ L on L pointing R toe to R side, repeat for count 6-7-8. Weight on R on count 8

Sec 3 Back rock, rec, side/dip, touch, side/dip, touch, ¼ L, ¼ L

1-2 Rock back L, recover R
3-4 Step L to L side as you dip slightly, straighten up as you point R toe to R side
5-6 Step R to R side as you dip slightly, straighten up as you point L toe to L side
7-8 Make ¼ L stepping forward L, make ¼ L stepping R to R side

Sec 4 Back rock, rec, kick x2, ball, cross, side, heel tap x2

1-2 Rock back L, recover R
3-4 Low kick L foot x2 towards L diagonal
&5-6 Step L next to R, cross R over L, step L to L side
7-8 Touch R toe slightly towards R diagonal as you tap heel x2

Tag 1: Dance 8 counts after wall 5

Diag R gradually lean forward, gradually straighten up

1-2-3-4 Step forward R into R diagonal, gradually lean forward
5-6-7-8 Gradually straighten up with weight on L

Tag 2: Dance 16 count tag at the end of wall 8 and 10

Sec 1 Step forward R/ sweep, weave front, side, behind/ sweep, behind, side, cross rock, rec, ball, cross rock, rec, ¼ L

1-2 Step forward R sweeping L from back to front, cross L over R
&3 Step R to R side, step L behind R sweeping R from front to back
4& Step R behind L, step L to L side
5-6& Cross rock R over L, recover L, step R next to L
7-8& Cross rock L over R, recover, R, make ¼ L stepping L

Sec 2 Repeat Sec 1 above

We hope you enjoy our dance!

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