拍数： 64
堷数： 2
级数：Intermediate
编舞者：John Robinson（USA）
音乐：I Love My Life－Jamie O＇Neal


The songs indicated are two－step rhythm．When counting these tracks，count all the beats $1,2,3,4$ rather than $1 \& 2 \& 3 \& 4$ ．（That makes the timing of the dance：slow，slow，quick－quick slow for the first four patterns）

## WALK，WALK，FORWARD MAMBO；BACK，BACK，COASTER STEP

1－4 Step right forward，hold，step left forward，hold
5－8 Right rock forward ball of foot，recover to left，right step next to left，hold
1－4 Step left back，hold，step right back，hold
5－8 Left step back ball of foot，right step ball of foot next to left，step left forward，hold

## WALK，WALK TRAVELING SIDE RIGHT，SCISSORS STEP；WALK，WALK TRAVELING SIDE LEFT， SCISSORS STEP

Angle body towards 1：30 for the next 5 counts
1－4 Right step side right，hold，left step across right，hold
5－8 Right step side right，left step next to right and slightly back，right step across left，hold
Advanced option：execute a full turn left on the previous pattern as follows：
1－4 Pivot $1 / 4$ left and step right back，hold，pivot $1 / 2$ left and step left forward，hold
5－8 Step right forward，pivot $1 / 4$ left shifting weight forward to left，right step across left，hold
Angle body towards 11：30 for the next 5 counts
1－4 Left step side left，hold，right step across left，hold
5－8 Left step side left，right step next to left and slightly back，left step across right，prepping for turn，hold
Advanced option：execute a full turn right on the previous pattern as follows：
1－4 Pivot $1 / 4$ right and step left back，hold，pivot $1 / 2$ right and step right forward，hold
5－8 Step left forward，pivot $1 / 4$ right shifting weight forward to right，left step across right，hold

## $11 / 4$ TRAVELING TURN BACK，COASTER STEP TOUCHES

1－4 Pivot $1 / 4$ left（9：00）stepping right back，hold，pivot $1 / 2$ left（3：00）stepping left forward，hold
Advanced option：pick up the free foot and tuck it in close to the other leg in a low figure 4 while turning
5－8 Pivot $1 / 2$ left（9：00）stepping right back，sweep left out and around to the left，left step ball of foot back，right step ball of foot next to left
1－4 Step left forward，right touch next to left／clap hands high to right side，step right forward，left touch next to right／clap hands high to left side
5－8 Step left back，right touch next to left／clap hands low to right side，step right back，left touch next to right／clap hands low to left side

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MAMBO CROSS, LOCKING TRIPLE TRAVELING BACK, FULL TURN LEFT, HOP (OR TRIPLE)
FORWARD
1-4 Left rock ball of foot side left, recover to right, left step across right, hold
5-8 Pivot 1/4/ left (6:00) stepping right back, left lock step across right, step right back, hold
1-4 Pivot }1/2\mathrm{ left and step left forward, hold, pivot }1/2\mathrm{ left and step right back, hold
5-8 Hop forward three times on right with left lifted slightly ahead of you (5, 6,7), left step down
    with weight
Easier option for last 4 counts: triple step
5-8 Step left forward, right step next to left, step left forward, hold
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REPEAT

When dancing to "I Love My Life," you can restart halfway through the 3rd repetition, just after executing the walk-walk scissor-step section. You'll be facing the front wall when this occurs

The advanced turning options in the 3rd and 4th sets of 8 were inspired by Bailee Kulish, Emily Kulish, Shannon Swett, and Ashley Haggle of the Hot Shots Dance Team in Rapid City, South Dakota

