

拍数: 32 墙数: 4 级数: Improver
编舞者: Heather Freeman (UK) - November 2007
音乐: L.A. - Amy Macdonald : (Album: This Is The Life)



Intro: 32 counts.

Section 1: Rock Back Right, Shuffle Forward Right, Pivot ½ Right, Shuffle ½ Turn Right

- 1 - 2 Rock back on right. Rock forward onto left.
- 3 & 4 Step forward right. Close left beside right. Step forward right.
- 5 - 6 Step forward left. Pivot 1/2 turn right.
- 7 & 8 Shuffle step forward making 1/2 turn right, stepping - left, right, left.

Section 2: Rock Back Right, Kick Ball Change Right, Walks x 2, Shuffle Forward Right

- 1 - 2 Rock back on right. Rock forward onto left.
- 3 & 4 Kick right forward. Step right beside left. Step onto left in place.
- 5 - 6 Step right forward. Step left forward.
- 7 & 8 Step forward right. Close left beside right. Step forward right.

Section 3: Cross Back Side x 2, Cross Rock Forward Left

- 1 - 2 Cross left over right, Step back right,
- 3 - 4 Step left to side, Cross right over left,
- 5 - 6 Step back left, Step right to side,
- 7 - 8 Cross rock forward on left. Rock back onto right.

Section 4: Rock Back Left, ¼ Turn Right, Pivot ¼ Right, Shuffle Forward Left, Rock Forward Right

- 1 - 2 Rock back on left. Rock forward onto right.
- 3 - 4 Step forward left, Pivot ¼ turn.
- 5 & 6 Step forward left. Close right beside left. Step forward left.
- 7 - 8 Rock forward on right. Rock back onto left.

Begin again.

**Tag: Danced At The End of 4th Wall Only: Facing The Front
Side Behind, Chasse Right, Cross Side, Sailor Step Left**

- 1 - 2 Step right to side, cross left behind.
- 3 & 4 Step right to right side. Close left beside right. Step right to right side.
- 5 - 6 Cross left over right, step right to side.
- 7 & 8 Cross left behind right. Step right to right side. Step left to place.

Cross Side, Behind & Cross, Left Side Rock, Cross Shuffle Right

- 1 - 2 Cross right over left, step left to side.
- 3 & 4 Cross right behind left. Step left to left side. Cross right over left.
- 5 - 6 Rock left to left side. Recover onto right.
- 7 & 8 Cross left over right. Step right to right side. Cross left over right.

Start from the top.