

Life Rolls On

拍数: 32 墙数: 4 级数: Lower Intermediate
编舞者: Lois Lightfoot (UK) - March 2011
音乐: Life Rolls On - Little Big Town



16 count intro, tag on the 1st, 3rd & 5th wall.

Sec 1: Right Cross rock, Right Side shuffle, syncopated weave right to the right.

- 1-2 Cross rock right foot over left, Recover weight onto left foot.
- 3&4 Step right foot to side, Close left foot to right, Step right foot to side.
- 5-6 Step left foot over right foot, Step right foot to right side.
- 7&8 Cross left foot behind right, Step right foot to side, Cross left foot in front.

Sec 2: Right Side Rock, Right Shuffle side, Cross, Rock, Step, Left & Right.

- 9-10 Rock right out to side, Recover weight onto left foot (hitch right Knee slightly)
- 11&12 Step right foot to side, close left foot to right, Step right foot to side.
- 13&14 Cross Rock left over right, Recover weight on right, Step left to left side.
- 15&16 Cross Rock right over left, Recover weight onto left, Step right to right side.

Sec 3: Rock forward, Recover, Shuffle ½ turn, Touch Heel & Toe, Shuffle forward.

- 17-18 Rock forward onto left foot. Recover weight onto right foot,
- 19&20 Step left foot back making ½ turn left, Close right to left, step left forward.
- 21-22 Touch right heel forward, Touch right toe back.
- 23&24 Step right foot forward, close left foot to right foot, step right foot forward.

Sec 4: Rock, Recover, Step Behind, side in front, Rock Recover, Rock ¼ turn, Recover.

- 25-26 Rock forward onto left foot, Recover weight onto right foot.
- 27&28 Step left behind right, step right foot to side, Cross left foot over right.
- 29-30 Rock forward onto Right foot, Recover weight onto left foot.
- 31-32 Make ¼ turn to right rocking right out to side, Recover weight onto left foot.

Start Again

Tag: The tag has 12 counts & comes at the end of the 1st 3rd & 5th walls to keep it in phase with the music. They are sort of like the verse & chorus of the song, which makes them easy to spot.

Tag: Cross, rock, step Right & Left, Rock, Shuffle Back, Slow coast, Brush.

- 1 & 2 Cross right over left, Recover weight onto left, Step right to right side.
- 3 & 4 Cross left over right, Recover weight on right, Step left to left side.
- 5 – 6 Rock forward onto right foot, Recover weight onto left.
- 7 & 8 Step right foot back, Close left to right, Step right foot back.

- 1 – 2 Step left foot back, Step right next to left,
- 3 – 4 Step left foot forward, Brush right next to left.