It's Beautiful



拍数: 64 墙数: 4 级数: Intermediate

编舞者: Robert Lindsay (UK) - March 2012

音乐: A Beautiful Life - Donny & Marie Osmond: (Album: Donny and Marie)



[1-8] Step Forward, Touch, & Heel, Hook, Forward Shuffle, Step ½ Turn

1-2 Step forward on right. Touch left toe to right heel.

&3-4 Step back on left. Touch right heel forward. Hook right foot in front of left.

Step forward on right. Step left beside right. Step forward on right.

7-8 Step forward on left. Pivot ½ turn right. (6:00)

[9-16] Full Turn. Left Mambo Forward, Right Coaster Cross, Chasse Left

1-2 Turning ½ turn right, step back on left. Turning ½ turn right, step forward right. (6:00)

3&4 Rock forward on left. Recover weight onto right. Step back on left.
5&6 Step back on right foot. Step left beside right. Step forward on right.
7&8 Step left to left side. Step right beside left. Step left to left side. (6:00)

Restart here during wall 3

[17-24] Rock Back, Full Turn, Chasse Right, Rock Back

1-2 Rock back on right. Recover onto left.

3-4 Turning ¼ turn left, step back onto right foot. Turning ½ turn left, step forward on left. (9:00)

5&6 Turning ¼ turn left, step right to right side. Step left beside right. Step right to right side.

(6:00)

7-8 Rock back on left. Recover weight onto right.

[25-32] Side, Behind, & Cross, Rock Back, Chasse 1/4 Turn Right

1-2 Step left to left. Step right behind left.

&3-4 Step left to left. Step right across in front of left. Step left to left side.

5-6 Rock back on right behind left. Recover weight onto left.

7&8 Step right to right side. Step left beside right. Step right ¼ turn to right. (9.00)

[33-40] Step Forward, Touch, & Heel, Hook, Forward Shuffle, Step ½ Turn

1-2 Step forward on left. Touch right toe to left heel.

&3-4 Step back on right. Touch left heel forward. Hook left foot in front of right.

5&6 Step forward on left. Step right beside left. Step forward on left.

7-8 Step forward on right. Pivot ½ turn left. (3.00)

[41-48] Full Turn. Right Mambo Forward, Left Coaster Cross, Chasse Right

1-2 Turning ½ turn left, step back on right. Turning ½ turn left, step forward on left. (3.00)

Rock forward on right. Recover weight onto left. Step back on right.

Step back on left foot. Step right beside left. Step forward on left

7&8 Step right to right side. Step left beside right. Step right to right side. (3.00)

[49-56] Rock Back, Full Turn, Ball Cross Side

1-2 Rock back on left. Recover onto right.

Turning ¼ turn right, step back onto left. Turning ½ turn right, step forward on right. (12:00)

5-6 Turning ¼ turn right, step left to left side. Drag right beside left keeping the weight on left.

(3:00)

&7-8 Step right beside left. Step left across in front of right. Step right to right side. (3:00)

[57-64] Rock Back, Kick Ball Cross, Side Rock, Behind & Step Forward

1-2 Rock back onto left. Recover weight onto right.

3&4 Kick left foot forward diagonally left. Step left beside right. Step right across in front of left.

5-6 Rock left to left side. Recover weight onto right.

7&8 Step left behind right. Step right beside left. Step forward on left. (3:00)

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