# It's My Life

拍數: 88

## 級數: Phrased Improver

**編舞者:** Tiwi Surjaya (INA) & Heru Tian (INA) - September 2020

音樂: It's My Life (don't Worry) (feat. Dr. Alban) - Chawki

#### Intro 32C

### SEQUENCES: CD AB AB(16c) CD AB AB (16c) CD(4) B AB (16c) Tag 4c CC D(4c) pose(1c)

PART C(32c),

#### #1C. STEP FWRD - CROSS -BACK LOCK STEP

- 1-4 RF step in front (1), LF cross in front RF (2) RF step back, LF lock, RF step back (3&4)
- 5-8 LF step in front (5), RF cross in front LF (6) LF step back, RF lock, LF step back (7&8)

## #2C. STEP FWRD- CROSS- BACK LOCK STEP- TAP

1-4 RF step in front (1), LF cross in front RF (2) RF step back, LF lock, RF step back (3&4)
5-8 Tap the left toe from in front to the left 'till 1 line with RF (5,6,7,8)

#### #3C. STEP FWRD-CROSS - BACK LOCK STEP

- 1-4 LF step in front (1), RF cross in front LF (2) LF step back, RF lock, LF step back (3&4)
- 5-8 RF step in front (5), LF cross in front RF (6) RF step back, LF lock, RF step back (7&8)

## #4C. STEP FWRD-CROSS- BACK LOCK STEP- TAP

- 1-4 LF step in front (1), RF cross in front LF (2) LF step back, RF lock, LF step back (3&4)
- 5-8 Tap the right toe from in front to the right 'till 1 line with LF (5,6,7,8)

#### PART D(8c),

#### R DIAGONAL FORWARD- TOUCH, L DIAGONAL FORWARD- TOUCH- JUMP THE FEET

- 1-4 RF foward diagonal (1), LF touch together with wave the right hand (2), LF foward diagonal (3), RF touch together with wave the left hand (4)
- 5-8 little jump the feet at the place with 2 hands go up (5,6,7,8)

#### PART A (16c),

#### #1A. WALK FWD - OPEN STEP -BENT KNEE IN & OUT- JUMP THE FEET

- 1-4 Walk forward RF (1), walk forward LF (2) step out RF(3), step out LF (4),
- 5-8 bent knee RF in, out, in (5,6,7), Jump the feet at the place & close together the feet when landing (8).

#### #2A. STEP BACK- OPEN STEP-BENT KNEE IN & OUT- JUMP THE FEET.

- 1-4 Step back LF (1), step back RF (2) step out LF(3), step out RF (4),
- 5-8 bent knee LF in, out, in (5,6,7). Jump the feet at the place & close together the feet when landing (8).

#### PART B (32c),

## #1B. SIDE ROCK-RECOVER-BEHIND-SIDE CROSS

- 1-4 RF side rock (1), LF recover (2), RF behind, LF side, RF cross (3&4)
- 5-8 LF side rock (5), RF recover (6), LF behind, RF side, LF cross (7&8)

## #2B. SWAY - RUN HANDS THRU BODY UPWARD- PUNCH WAIST

- 1-4 walk at the place RF & LF, sway the hip right & left with run hands thru the body upward (1,2,3,4)
- 5-8 punch left & right waist alternately (5,6,7,8)

#### **#3B. TOUCH DIAGONAL FWRD- FLICK- CROSS SHUFFLE- SIDE ROCK-TOGETHER-FWRD CHACHA** 1-4 RF touch fwrd diagonal (1), flick RF (2), cross suffle (3&4),





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## 5-8 LF step side (5), close together RF (6), fwrd chacha LF (7&8)

## #4B. SIDE ROCK-TOGETHER-BACK CHACHA-COASTER STEP- PIVOT ½ TURN L

- 1-4 RF side rock (1), LF close together (2), RF step back chacha (3&4),
- 5-8 LF coaster step (5&6), RF fwrd (7), 1/2 turn left (8), facing 6 o'clock.

TAG (4c),

RF fwrd (1), 1/2 turn left (2), RF side point (3), hold position weight on LF (4)