拍數： 64
㿔數： 4
級數：Intermediate
編舞者：Hilary Usher（UK）－March 2024
音樂：Ma non tutta la vita－Ricchi \＆Poveri


## Intro： 16 counts

## Section 1 STEP HOLD AND STEP HOLD AND ROCK RECOVER COASTER STEP

12\＆Step R foot forward，hold and on the＇$\&$＇count step $L$ next to $R$
3 4\＆Step $R$ foot forward，hold and on the＇$\&$＇count step $L$ next to $R$
56 Rock forward onto R recover onto L
7\＆8 Step $R$ back，step $L$ next to $R$ step forward onto $R$
Section 2 STEP HOLD AND STEP HOLD AND ROCK RECOVER COASTER STEP
12\＆Step L forward，hold and on the＇$\&$＇count step R next to $L$
$34 \& \quad$ Step $L$ forward，hold and on the＇$\&$＇count step $R$ next to $L$
56 Rock forward onto $L$ recover onto $R$
7\＆8 Step $L$ back，step $R$ next to $L$ ，step forward onto $L$
＊＊3RD WALL＊＊TAG（V STEP RLRL）AND RESTART FROM BEGINNING
Section 3 ROCK RECOVER SHUFFLE $1 ⁄ 2$ TURN，ROCK RECOVER SHUFFLE $1 ⁄ 2$ TURN
12 Rock forward onto $R$ recover onto $L$
$3 \& 4 \quad$ Step $1 / 4 R$ to $R$ side，step $L$ next to $R(\&) 1 / 4 R$ forward RLR（6 O Clock）
56 Rock forward onto $L$ recover onto $R$
7\＆8 Step $1 / 4 \mathrm{~L}$ to $L$ side，step $R$ next to $L$（\＆） $1 / 4 L$ forward LRL（12 O Cclock）
Section $42 \times 1 / 4$ HIP ROLLS（ $1 / 2$ TURN L），DIAGONAL ROCKING CHAIR
12 Step forward on R，pivot $1 / 4$ rolling hips anticlockwise（9 O Clock）
34 Step forward on R，pivot $1 / 4$ rolling hips anticlockwise（6 O CLOCK）
56 Diagonally Rock $R$ forward recover on $L$（L diagonal facing 5．30）
78 Diagonally Rock $R$ back recover on $L$（facing 5．30）
＊＊WALL 6＊＊TAG（V STEP RLRL）AND RESTART FROM BEGINNING
Section 5 CROSS ROCK CHASSE RIGHT，CROSS ROCK CHASSE LEFT
12 Cross $R$ over $L$ ，step back onto $L$
$3 \& 4 \quad$ Step $R$ to $R$ side，step $L$ next to $R(\&)$ step $R$ to $R$ side
$56 \quad$ Cross rock $L$ over $R$ ，step back onto $R$
7\＆8 Step $L$ to $L$ side，step $R$ next to $L$（\＆）step $L$ to $L$ side
Section 6 WEAVE，FRONT，SIDE，BEHIND， $1 / 4$ TURN，PIVOT $1 ⁄ 2$ TURN，FULL TURN L
12 Cross $R$ over $L$ ．step $L$ to $L$ side
34 Step $R$ behind $L$ ，step $L$ to $L$ side making $1 / 4$ turn $L$（3 O clock）
56 Step R forward and pivot $1 / 2$ turn L（9 O clock）
78 Step forward on RL making full turn L（easy option walk forward LR） 9 O Clock
Section 7 STEP LOCK STEP TAP，STEP LOCK STEP TAP
12\＆Step forward on $R$ hold（\＆）lock $L$ behind $R$
34 Step forward on $R$ ，tap $L$ toe behind $R$ heel
5 6 \＆Step forward on L，hold（\＆）lock $R$ behind $L$
78 Step forward on $L$ ，tap $R$ toe behind $L$ heel（9 O Clock
Section 8 HEEL HOLD \＆HEEL HOLD \＆HEEL \＆HEEL \＆HEEL \＆TOUCH
\＆1 2
Step back on $R$ ，push $L$ heel forward and hold

## START OVER

2 EASY TAGS AND RESTARTS ON WALLS 3 \& 6
WALL 3 AFTER COUNT 16 (SECTION 2)
V STEP Step diagonally forward RL (out,out), step diagonally back RL (in,in) and restart dance from the beginning.
WALL 6 AFTER COUNT 32 (SECTION 4)
V STEP Step diagonally forward RL(out, out)step diagonally back RL (in, in) and restart dance from the beginning

ENDING
Section 83 heel switches make a $1 / 4$ turn to finish facing 120 Clock
Choreographer Hilary Usher E mail - hilaryusher@hotmail.com
Note: With thanks to Marina who suggested the music and to Jan for the title!

