Live & Learn



拍數: 32 牆數: 4 級數: High Beginner

編舞者: Karen Hill (UK) - 5 March 2024

音樂: Follow Your Arrow - Kacey Musgraves



Count in: 16

Section 1: side together, shuffle forward x 2

1 – 2	Step right to right side, step left next to right (weight on left)
1 – 2	SIED HUHL ID HUHL SIDE. SIED IEH HEKL ID HUHL I WEIDH DIT IEH

3 & 4 Right shuffle forward

5 – 6 Step left to left side, step right foot next to left (weight on right)

7 & 8 Left shuffle forward

Section 2: Quarter turn, weave, heel forward, hold. Cross shuffle

1 – 2 Step ri	ight foot forward, quai	rter turn to left (weigh	nt on left foot)
---------------	-------------------------	--------------------------	------------------

3 & 4 & Right cross in front of left, left foot to left side, right cross in front of left, cross left behind right.

5 & 6 Right heel forward, hold whilst you double clap

& Bring right foot in place

7 & 8 Cross left in front of right, small step with right, cross left in front of right (cross shuffle)

Section 3: Right side together, quarter turn right shuffle, step left foot forward quarter turn to right, left cross shuffle

weight.

3 & 4 Step right side, together with left, quarter turn right

5 – 6 Step left foot forward, quarter turn to right (weight on right)

7 & 8 Cross left foot over right, small step with right, step left over right (cross shuffle)

\$ - WALL 4 - TAG - WALK, RIGHT, LEFT THEN RESTART \$

Section 4: Right side rock recover, behind side cross. Rock forward left recover, left coaster cross

1 – 2	Rock weight out to right side, recover weight onto left
3 & 4	Cross right behind left, step left to left side, cross right in front of left.
5 – 6	Rock weight forward onto left foot, recover weight onto right foot in place

7 & 8 Step left foot back, bring right foot next to left, cross left in front of right

Enjoy! Dedicated to the 3 wise chimps

Released 5th March 2024

Last Update: 1 Jan 2025