

拍數: 32      牆數: 4      級數: Improver  
編舞者: Heather Freeman (UK) - November 2007  
音樂: L.A. - Amy Macdonald : (Album: This Is The Life)



Intro: 32 counts.

**Section 1: Rock Back Right, Shuffle Forward Right, Pivot ½ Right, Shuffle ½ Turn Right**

- 1 - 2      Rock back on right. Rock forward onto left.
- 3 & 4      Step forward right. Close left beside right. Step forward right.
- 5 - 6      Step forward left. Pivot 1/2 turn right.
- 7 & 8      Shuffle step forward making 1/2 turn right, stepping - left, right, left.

**Section 2: Rock Back Right, Kick Ball Change Right, Walks x 2, Shuffle Forward Right**

- 1 - 2      Rock back on right. Rock forward onto left.
- 3 & 4      Kick right forward. Step right beside left. Step onto left in place.
- 5 - 6      Step right forward. Step left forward.
- 7 & 8      Step forward right. Close left beside right. Step forward right.

**Section 3: Cross Back Side x 2, Cross Rock Forward Left**

- 1 - 2      Cross left over right, Step back right,
- 3 - 4      Step left to side, Cross right over left,
- 5 - 6      Step back left, Step right to side,
- 7 - 8      Cross rock forward on left. Rock back onto right.

**Section 4: Rock Back Left, ¼ Turn Right, Pivot ¼ Right, Shuffle Forward Left, Rock Forward Right**

- 1 - 2      Rock back on left. Rock forward onto right.
- 3 - 4      Step forward left, Pivot ¼ turn.
- 5 & 6      Step forward left. Close right beside left. Step forward left.
- 7 - 8      Rock forward on right. Rock back onto left.

Begin again.

**Tag: Danced At The End of 4th Wall Only: Facing The Front  
Side Behind, Chasse Right, Cross Side, Sailor Step Left**

- 1 - 2      Step right to side, cross left behind.
- 3 & 4      Step right to right side. Close left beside right. Step right to right side.
- 5 - 6      Cross left over right, step right to side.
- 7 & 8      Cross left behind right. Step right to right side. Step left to place.

**Cross Side, Behind & Cross, Left Side Rock, Cross Shuffle Right**

- 1 - 2      Cross right over left, step left to side.
- 3 & 4      Cross right behind left. Step left to left side. Cross right over left.
- 5 - 6      Rock left to left side. Recover onto right.
- 7 & 8      Cross left over right. Step right to right side. Cross left over right.

Start from the top.