

Life is a River

拍數: 48 牆數: 2 級數: Improver - waltz
編舞者: Audrey Watson (SCO) - February 2013
音樂: Life Is a River - Derek Ryan : (CD: Dreamers & Believers - iTunes)



Music slows down near the end of the dance, just dance through.

Section One: Left Twinkle fwd, Right Twinkle, Fwd Twinkle, Back Twinkle.

- 1-3 Cross left over right, step right to right side, step left to left side.
- 4-6 Cross right over left, step left to left side, step right to right side.
- 7-9 Step fwd on left, step right next left, step left next right.
- 10-12 Step back on right, step left next right, step right next left.

Section Two: ¼ Turn Twinkle, Back Twinkle, Step Sweep, Step Sweep.

- 1-3 Step fwd on left turning ¼ left, step right next left, step left next right.
- 4-6 Step back on right, step left to left side, step right to right side.
- 7-9 Step fwd on left, sweep right out and around over 2 counts.
- 10-12 Step fwd on right, sweep left out and around over 2 counts.

Section Three: Cross Side Behind, Step Drag, Cross Back ¼ Turn, Step Kick Kick.

- 1-3 Cross left over right, step right to right side, step left behind right.
- 4-6 Step right to right side, drag left next right over 2 counts.
- 7-9 Cross left over right, step back on right, turn ¼ left stepping left to left side.
- 10-12 Step fwd on right, kick left foot fwd twice.

Section Four: Triple ½ Turn, Step Kick Kick, Back Coaster Step, Step ½ Step

- 1-3 Turn ½ left stepping left, right, left.
 - 4-6 Step fwd on right, kick left foot fwd twice.
 - 7-9 Step back on left, step right next left, step fwd on left.
 - 10-12 Step fwd on right, pivot ½ turn left, step fwd on right.
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