

VALENTINA Trigila

nome coreografia: It's Life

brano musicale: This is the life - Amy Mcdonald

nr. passi: 64 nr. muri: 2 nr. tag: 1

Sect. 1 Kick, hook, kick, step, sweeet , hook

1-2-3-4 Kick R, hook fwd L, kick R, close R

5-6-7-8 Toe turn R, toe turn L, turn 1/4 hook L

Sect. 2 Step lock step, scuff, step, scuff, step, scuff

1-2-3-4 Step L, cross R back L, step L, scuff R turn 1/4

5-6-7-8 Step R, scuff side L, step L, scuff side R

Sect. 3 Voudeville

1-2-3-4 Cross R over L, step diagonal L, touch heel R, step R

5-6-7-8 Cross L over R, step diagonal R, touch heel L, step L

Sect. 4 Pivot, step, hold, coaster step, stomp up

1-2-3-4 Step fwd R, turn 1/2, step fwd R turn 1/2 hold

5-6-7-8 Step L back, step R side L, Step L fwd, stomp up R

Sect. 5 Kick, stomp, turn, hold, toe strut full turn

1-2-3-4 Kick R, stomp fwd, turn 1/2, hold

5-6-7-8 turn 1/2 toe R strut, turn 1/2 toe L strut

Sect. 6 Point , step, point, step, monterey, hook

1-2-3-4 Point R, step back R, point L, step back L

5-6-7-8 Point R, close turn 1/2, point L, hook L back R

Sect. 7 Grapevine, point, vine turn, stomp

1-2-3-4 Step side L, cross R, step side L, point R

5-6-7-8 Vine turn, stomp

Sect. 8 Rockin chair, rock turn

1-2-3-4 Step fwd R, recover L, step back R, hold

5-6-7-8 Back Turn 1/2 L, recover R, turn 1/2 L recover R

Tag

Sect. 1 Step Lock step - step - scuff - step - scuff

1-2-3-4 Step diagonal R, cross L back R, Step fwd R, scuff L

5-6-7-8 Step side L, scuff R, Step R, scuff L

Sect. 2 Step Lock step - step - scuff - step - scuff

1-2-3-4 Step diagonal L, cross R back L, Step fwd L, scuff R

5-6-7-8 Step side R, scuff L, Step L, scuff R

Sect. 3 Toe Strutt, touch heel

1-2-3-4 Turn 1/2 toe R strut step R, turn 1/2 toe L strut step L

5-6-7-8 Touch heel R, step R, touch heel L, step L

Sect. 4 Toe Strutt, touch heel

1-2-3-4 Turn 1/2 toe R strut step R, turn 1/2 toe L strut step L

5-6-7-8 Touch heel R, step R, touch heel L, step L

Sequance: Tag - A - A - Tag - A - A - Tag - Tag - A - A - A

8 c. hold - last 32 A