

In life, you have to make the right choices when you can still make them... And make sure you don't regret what you didn't dare to do. Life won't necessarily give you a second chance....

08/07/2023

LMFAO

Leo - Manu - Federica As One



Intermediate - Phrased - 2 walls - 1 Tag

Federica Dell'Aglio, Léo & Manu

Music : I should have married you - Old Dominion

Sequence : A - A - A - B - TAG - A - A - B - B - A - B - FINAL

PART A

SECT-1 KICK R FWD (X2), STEP R BACK, HOLD, COASTER STEP, STOMP UP R BESIDE L

- 1 - 2 Kick R Fwd (X2)
- 3 - 4 Step R Back - Hold
- 5 - 6 Step L Back - Step R beside L
- 7 - 8 Step L fwd - Stomp Up R beside L

SECT-2 POINT R, TOUCH R OVER L, POINT R, HOOK R BESIDE L, LARGE STEP R TO R, STOMP L, STOMP R

- 1 - 2 Point R to R - Touch R Fwd
- 3 - 4 Point R to R - Hook R Back
- 5 - 6 Large Step R to R - Slide L beside R
- 7 - 8 Stomp L beside R, Stomp R beside L

SECT-3 1/4 T L & HEEL STRUT L FWD, TOE STRUT R FWD, TOE STRUT L 1/4 T R, ROCK STEP B BACK

- 1 - 2 1/4 t L, Touch L Heel Fwd - Drop L Toes
- 3 - 4 Touch R toes Fwd - Drop R Heel
- 5 - 6 Touch L Toes Fwd, 1/4 t R, Drop L Heel
- 7 - 8 Rock Step R back - Recover L

SECT-4 KICK R FWD, 1/4 TL 1 FLICK BACK, STEP R TO R, HOLD, SAILOR STEP 1/4 T L, HOLD

- 1 - 2 Kick R Fwd - 1/4 t L, Flick R back
- 3 - 4 Step R to R - Hold
- 5 - 6 1/4 T L, Step L Back - Step R beside L
- 7 - 8 Step L Fwd - Hold

SECT-5 STEP R FWD, 1/2 T L, GRAPEVINE R

- 1 - 2 Step R Fwd - 1/2 T L (2steps)
- 3 - 4 ... - Hold
- 5 - 6 Step R to R - Cross L behind R
- 7 - 8 Step R to R - Stomp Up L beside R

SECT-6 JUMPING & TRAVELLING L : KICK L, CROSS L BESIDE R, CROSS R BEHIND L, HOOK R, KICK R, KICK L

- 1 - 2 (Jumping & Traveling L) Kick L Diag. L - Cross L Over R & Hook R Back
- 3 - 4 (Jumping & Traveling L) Recover R to R & Kick L Diag. L - Cross L Over R & Flick R Back
- 5 - 6 (Jumping) Kick R Fwd - Recover R & Flick L Back
- 7 - 8 (Jumping) Kick L Fwd - Recover L & Flick R Back

PART B

SECT-1 ROCKING CHAIR R, TWISTER KICK 1/2 T

- 1 - 2 Rock Step R Fwd & Hook L Back - Recover L & Kick R Fwd
- 3 - 4 Rock Step R Back & Kick L Fwd - Recover L & Hook R Back
- 5 - 6 Kick R Fwd - 1/2 t L, Recover R & Flick L Back
- 7 - 8 Kick L Fwd - Recover L & Flick R Back

SECT-2 ROCKING CHAIR R, TWISTER KICK 1/2 T

- 1 - 2 Rock Step R Fwd & Hook L Back - Recover L & Kick R Fwd
- 3 - 4 Rock Step R Back & Kick L Fwd - Recover L & Hook R Back
- 5 - 6 Kick R Fwd - 1/2 t L, Recover R & Flick L Back
- 7 - 8 Kick L Fwd - Recover L & Flick R Back

SECT-3 GRAPEVINE R, STOMP UP L BESIDE R, HITCH & SCOOT L ON R, STEP L TO L, STOMP UP R BESIDE L

- 1 - 2 Step R to R - Cross L behind R
- 3 - 4 Step R to R - Stomp Up L beside R
- 5 - 6 Hitch L & Scoot L on R foot - Step L to L
- 7 - 8 Stomp Up R beside L - Stomp Up R beside L

SECT-4 ROCK STEP R, RECOVER L & KICK R FWD, (MAKING 1/2 TURN L) CROSS R OVER L, KICK R, ROCK STEP R BACK, SCUFF R

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- 1 - 2 Rock Step R to R - Recover L
- 3 - 4 Kick R Fwd - 1/4 t L, Cross R over L & Hook L back
- 5 - 6 Recover L & Kick R Fwd - 1/4 t L, Rock Step R back
- 7 - 8 Step L Fwd - Scuff R beside L

SECT-5 SCOOT L (X2), STEP R FWD, HOLD, ROCK STEP L FWD, STEP L BACK, STEP R BACK

- 1 - 2 Scoot L Fwd & Hitch R - Scoot L Fwd & Hitch R
- 3 - 4 Step R fwd - Hold
- 5 - 6 Rock Step L Fwd - Recover R
- 7 - 8 Step L Back - Step R Back

SECT-6 1/2 T L & ROCK STEP, 1/2 T L & STEP L FWD, TWISTER KICK

- 1 - 2 1/2 t L, Rock Step L Fwd - Recover R
- 3 - 4 1/2 T L, Step L Fwd - Hold
- 5 - 6 (Jumping) Kick R FWD - 1/2 T L, Recover R and Flick L Back
- 7 - 8 (Jumping) 1/2 T L, Kick L Fwd - Recover L & Flick R Back

TAG End of walls

SECT-8 MAMBO STEP R FWD, MAMBO STEP L BACKWARDS

- 1 à 4 Rock Step R Fwd - Recover L - Step R Back - Hold
- 5 à 8 Rock Step L Back - Recover R - Step L Fwd - Hold

FINAL SECTION 5 & 6

FROM THE BEGINNING! WITH A BIG SMILE !!!

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