

Triple L (Live Love Learn)

Count: 32 Wall: 2 Level: Improver

Choreographer: Adam Ástmar (May 2017)

Music: Live Love Learn by Sondr ft. Peg Parnevik (123 BPM)

Intro: 16 Counts

Sect – 1: Side Rock. Recover. Cross Shuffle. 1 / 4. Side. Scuff Cross.

1 – 2 (1) Rock RF to the right side. (2) Recover on LF.
3 & 4 (3) Cross RF over LF. (&) Step LF to the left side. (4) Cross RF over LF.
5 – 6 (5) Turn 1 / 4 to the right stepping LF back. (6) Step RF to the right side. {3:00}
7 – 8 (7) Scuff LF across RF. (8) Cross LF over RF.

Sect – 2: Side Rock. Recover. Ball. 1 / 4. Scuff Hitch 1 / 2. Hop Back With Hitches x2. Coaster Step.

1 – 2 & (1) Rock RF to the right side. (2) Recover on LF. (&) Ball step RF next to LF.
3 – 4 (3) Turn 1 / 4 to the left stepping LF forward. (4) Scuff RF into a hitch turning 1 / 2 to the left. {6:00}
& 5 & 6 (&) Hop back on RF. (5) Hitch LF slightly. (&) Hop back on LF. (6) Hitch RF slightly.
7 & 8 (7) Step back on RF. (&) Close LF next to RF. (8) Step forward on RF.

Sect – 3: Step. Synchopated Jazz Box With Cross. Twists. 1 / 4. Scuff.

1 – 2 (1) Step forward on LF. (2) Cross RF over LF.
3 & 4 (3) Step back on LF. (&) Close RF next to LF. (4) Cross LF over RF.

Note Restart occurs here at wall 9!

5 & 6 Step RF to the right side while twisting (5) Heels, (&) Toes, (6) Heels to the right.
7 – 8 (7) Turn 1 / 4 to the left stepping LF forward. (8) Scuff RF forward. {3:00}

Sect – 4: Synchopated Weave. 1 / 4. Step. Pivot 1 / 4. 1 / 4. Hold. Ball.

1 – 2 & (1) Cross RF over LF. (2) Hold. (&) Ball step LF to the left side.
3 – 4 & (3) Step RF behind LF. (4) Hold. (&) Turn 1 / 4 to the left stepping LF forward. {12:00}
5 – 6 (5) Step forward on RF. (6) Pivot 1 / 4 turn to the left (weight on LF). {9:00}
7 – 8 & (7) Turn 1 / 4 to the left stepping RF to the right side. (8) Hold. (&) Ball step LF next to RF. {6:00}

Have fun!

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