



Lush Life

Music: Zara Larsson: Lush Life - Single
 Choreo: Sandra Pohlmann (sandra.pohlmann@googlemail.com)
 (Country & Western Dance 2016, Abbensen)

HIGH INT
98 BMP
3:21

Sequence: **A B A B C A D Break A D**

wait 16 beats

Part A: (32)

Lucy Pivot DS RS BR UP/H T(xif) H R H(w) (pivot 1/2R) S DS RS
 L RL R R L R R L R L R LR
 &1 &2 & 3 & 4 & 5 6 &7 &8

2 Break Basic DT S/BRK S/BRK UP/H DS RS
L&R L L R R L L R L RL
 &a 1 & 2 &3 &4

Repeat all above as written

Part B: (32)

GB Rock Slur DS DT(xif) S(xif) S R H(w) SLR S R(ots) S SLR S R(ots) S BR UP/H
 L R R L R L R R L R L L R L
 &1 e& a 2 & 3 & 4 & 5 & 6 & 7 & 8

Karate Rock DS KK (1/2 R) H RS KK UP/H
 R L R LR L L R

Triple Canadian DS DS DS DT HOP TCH
 L R L R L R
 &1 &2 &3 e& a 4

Repeat all above (opposite footwork & direction)

Part C: (32)

Split Turkey H(ots/w) FLP S(xib) DS BA/H UP/SL
 L L R L R L L R
 1 & 2 &3 & 4

Eric DS DT(b) H R H(w) RS
 L R L R L RL
 &1 & 2 & 3 &4

2 Slap Back DT SL DR S(xib)
R&L R L L R
 & 1 & 2

2 Basic DS RS
R&L R LR

Repeat all above (opposite footwork)

Part D: (32)

Pulley DS DR/KK SL/UP DR S(xif) R S
 L L R L R L R L R
 &1 & 2 & 3 & 4

Bad Stamp DS STA(if) RS STA(if) RS
 L R RL R RL
 &1 & 2& 3 &4

Crossover Slider DS DS(xif) DR S(ib) RS DS SL RS SL RS
 R L L R LR L L RL L RL
 &1 &2 & 3 &4 &5 & 6& 7 &8

Repeat all above (opposite footwork)

Sequence: **A B A B C A D Break A D**

Break: (16)

2 Basketball &	S(if) PVT (1/2R)	S DS RS
Basic	L	R L RL
L&R	1	2 &3 &4

Hey Twists	DS H-TWIST S H-TWIST S RS DS H-TWIST S DS RS
	L R(ots) R L(ots) L RL R L(ots) L R LR
	&1 & 2 & 3 &4 &5 & 6 &7 &8
