

Live & Let Die

Choreographed by Max Perry 12/15/05 www.maxperry.net

Intermediate Line Dance Routine (Phrased & Mixed Rhythm)

Music: "Live & Let Die" by Paul McCartney & Wings "Greatest Hits" album or "The Best Of James Bond"

Section A (Nightclub) Note: 1st time through start with count "3" to the left. 2nd time through start on "1"

Basic – Side, Rock Step, Side, Rock Step, Side,

1, 2&3 Step R to right side, Rock L back, Step R in place (recover), Step L to left side

4& Rock R back, Step L in place (recover) Side, 3/4 Walk Around Turn Right, Forward, 1/2 Pivot Turn L

5, 6& Step R to right side (toe turned out), Step L forward and across R & turn 3/4 right, Step R in place

Should now face 9:00

7,8& Step L forward, Step R forward & turn 1/2 left, Step L in place. (Should now face 3:00)

1/2 Twisting Ronde', Behind, Side, Cross, Turn 1/2 L, Back, Side, Cross Rock

1 Step R forward & turn 1/2 left as you ronde' L from front to side (face 9:00)

2&3 Cross L behind R, Step R to right side, Cross L over R

4&5 Turn 1/2 left as you step R back, Step L to left side, Cross Rock R over L (face 3:00)

6& Step L in place (recover), Step R to right side

Weave Right, 3/4 Walk Around Turn, Basic to Kick Ronde' to Cross Rock, Slip Pivot

7&8& Cross L over R , Step R to right side, Cross L behind R, Step R to right side toe turned out
1,2 Step L forward and across R turning right, Step R in place turning right to complete 3/4 right turn

Should now be facing 12:00

3,4& Step L to left side, Cross Rock R over L, Step L in place (recover) toward 11:00

5, Step R to right side (toe turned out) toward 1:00, Kick L forward and across and turn on the ball of the right foot, right around to 11:00

6 Step L to left side (toe turned out)

7,8& Cross rock R over L, Step L in place (recover), Step R back turning 1/2 left (little slip pivot) (6:00)

Full Paddle Turn Left, Hold, Full Unwind, Coaster Step To Forward Rock Step

1&2&3,4 Cross, Ball, Cross, Ball, Cross, Hold (L,R,L,R,L) Turn full 360 over counts 1-3, Hold count 4

5,6 Full Unwind Right – weight on right foot, Hold (still face 6:00)

7&8& Step L back, Step R next to L, Rock L forward, Step R in place (recover)

Basic Turning 1/4 Left, Forward Rock to 1 and 1/2 spin traveling to Left

1,2& Step L to left side, Rock R back turning 1/4 left, Step L in place (recover)

3,4& Step R to right side, Rock L forward, Step R in place (face 3:00)

5,6,& Turn 1/4 left and step L forward and turn 1/2 left (5), Step R back and turn 1/2 left (6)
Step L forward & turn 1/4 left (&) (Now face 9:00)

7,8& Step R to right side, Rock L forward, Step R in place (recover)

Basic Turning 1/4 Left, Forward Rock to 1 full spin traveling to Left

1,2& Step L to left side, Rock R back turning 1/4 left, Step L in place (recover) face 6:00

3,4& Step R to right side, Rock L forward, Step R in place

5,6 Turn 1/4 left and step L forward then turn an additional 1/2 left (5), Turn 1/4 left and step R back

(You should still be facing 6:00)

Section B (straight rhythm)

Step Forward, Hitch, Back, Together, Step Forward, Hitch, Back, Together

1,2,3,4 Step L forward, Hitch R Knee, Step R back, Step L next to R

5,6,7,8 Step R forward, Hitch L Knee, Step L back, Step R next to L (6:00)

Partial Jazz Box Turning 1/4 Left, Weave to Unwind 1/2 Right

1,2,3,4 Cross L over R, Step R back turning 1/4 left, Step L to left side, Cross R over L (3:00)

5,6,7,8 Step L to left side, Cross R behind L, Unwind turning 1/2 right over counts 7,8 (weight on R) (9:00)

Repeat First 16 Counts of Section B

Should face 12:00 wall

Basic Turning 1/4 Left, Forward Rock to 1 and 1/2 spin traveling to Left

1,2& Step L to left side, Rock R back turning 1/4 left, Step L in place (recover)

3,4& Step R to right side, Rock L forward, Step R in place (face 9:00)

5,6,& Turn 1/4 left and step L forward and turn 1/2 left (5), Step R back and turn 1/2 left (6) Step L forward & turn 1/4 left (&) (Now face 3:00)

7,8& Step R to right side, Rock L forward, Step R in place (recover)

Slow Heel Jacks (not syncopated)

1,2,3,4 Step L to left side & slightly back, Touch R heel in place, Step R in place (home), Step L next to R

5,6,7,8 Step R to right side & slightly back, Touch L heel in place, Step L in place, Step R next to L (3:00)

Kick, Cross, Side, Cross, Kick, Cross, Side, Cross

1,2,3,4 Kick L diagonally forward, Cross L behind R, Step R to right side, Cross L over R

5,6,7,8 Kick R diagonally forward, Cross R behind L, Step L to left side, Cross R over L (3:00)

Kick Forward, Coaster Step (not syncopated), Kick Forward, Coaster Step (not syncopated)

1,2,3,4 Kick L forward, Step L back, Step R next to L, Step L forward

5,6,7,8 Kick R forward, Step R back, Step L next to R, Step R forward (3:00)

Kick, Ball, Cross, Step, Kick, Ball, Cross, Step (kick to cha cha lock moving backwards x2)

1,2,3,4 Kick L forward, Step L back w/ball of foot, Cross R over L, Step L back

5,6,7,8 Kick R forward, Step R back w/ball of foot, Cross L over R, Step R back (3:00)

Kick, Cross, Step, Step (turning sailor) Turning 1/2 Left, Kick, Coaster Step

1,2,3,4 Kick L forward, Cross L behind R turning 1/2 left, Step R in place completing turn, Step L forward

5,6,7,8 Kick R forward, Step R back, Step L next to R, Step R forward (now should face 9:00)

Section C (mambo rhythm)

Kick Forward, Coaster Step (not syncopated), Kick Forward, Coaster Step (not syncopated)

1,2,3,4 Kick L forward, Step L back, Step R next to L, Step L forward

5,6,7,8 Kick R forward, Step R back, Step L next to R, Step R forward (9:00)

Kick, Side Rock, Together, Kick, Side Rock, Together

1,2,3,4 Kick L forward, Rock L to left side, Step R in place (recover), Step L next to R

5,6,7,8 Kick R forward, Rock R to right side, Step L in place (recover), Step R next to L (9:00)

4 x Heel Touch Forward, Together (L,R,L,R) Turning 1/2 Right

1,2,3,4 Touch L heel forward, Step L next to R, Touch R heel forward, Step R next to L

5,6,7,8 Touch L heel forward, Step L next to R, Touch R heel forward, Step R next to L (during these 8 counts you should turn 1/2 right) (3:00)

Side Rock, Cross Rock

1,2,3,4 Rock L to left side, Step R in place (recover), Cross Rock L over R, Step R in place (recover) (3:00)

Side, Hold, Cross, Hold, Unwind 1 and 1/4 Left

1,2,3,4 Step L to left side, Hold, Cross R over L, Hold

5,6,7,8 Unwind turning 1 and 1/4 left (end facing 12:00 wall)

Step Forward, 1/2 Pivot Turn Left, Step Forward

9,10,11,12 Step L forward, Step R forward & turn 1/2 left, Step L in place, Step R forward (now face 6:00)

End of Dance

Sequence: 2 Count Intro, Then Dance Section "A" Starting with Count "3" (side left)

Dance Section "B"

Dance Section "C"

Dance First 32 Counts of "B" (1st 16 counts x2)

Dance Section "A" Starting with count "1" (put weight on L instead of R after unwind)

Dance First 32 Counts of "B" until end of song (2 x 32 or 4 x 16) with a full unwind instead of a 1/2 at the very end to face the 12:00 wall.