



Live and Let Die

Script approved by

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...continued



Max Perry

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION	
Section 1 Note 1 - 2 & 3 - 4 & 5 6 & 7 - 8 &	Part A (Nightclub) Night Club Basics, Side, 3/4 Walk Around Right, Forward, 1/2 Pivot Left First time start at count 3 (step left). Second time start at count 1. Step right to right side. Rock back on left. Recover onto right. Step left to left side. Rock right back. Recover onto left. Step right to right side (toe turned out). Cross left over right, turning 3/4 right. Step right to place (9:00). Step left forward. Step forward right. Pivot 1/2 turn left. (3:00).	Side Back Rock Side Back Rock Side Cross Turn Step Turn Step	Right Left Right Turning right Turning left	
	Section 2 1 2 & 3 4 & 5 6 &	1/2 Twisting Rondé, Behind, Side, Cross, 1/2 Turn, Side, Cross Rock, Side Step forward on right making 1/2 turn left and rondé left from front to side. Cross left behind right. Step right to right side. Cross left over right. Make 1/2 turn left, stepping back onto right. Step left to side. Cross rock right over left. Recover onto left. Step right to right side.	Turn Behind Side Cross Turn Back Rock Recover Side	Turning left Right Turning left Right
	Section 3 7 & 8 & 1 2 3 - 4 & 5 & 6 7 - 8 &	Weave, 3/4 Walk Around Turn, Basic to Kick Rondé to Cross Rock, Slip Pivot Cross left over right. Step right to right side. Cross left behind right. Step right to side (toe turned out). 1 Cross left forward over right, starting turning right. 2 Step right to place to complete 3/4 right turn (12:00). 3 - 4 & Step left to left side. Cross rock right over left. Recover onto left (facing 11:00) 5 Step right to right side (toe turned out toward 1:00). & Kick left forward across right, turning on ball of right to face 11:00. 6 Step left to left side (toe turned out). 7 - 8 Cross rock right over left. Recover back onto left. & Step back on right making 1/2 turn left. (6:00)	Cross Side Behind Side Side Turn Step Side Cross Rock Side Kick Turn Side Cross Rock Turn	Right Turning right Left Right Turning right Left Turning left
	Section 4 1 & 2 & 3 - 4 5 - 6 7 & 8 &	Full Paddle Turn Left, Hold, Unwind, Coaster Step to Forward Rock Cross left over right starting turn left. Step ball of right to side and slightly back. Repeat steps 1 & to complete a full paddle turn left. Hold. 5 - 6 Full unwind right (weight ends on right). Hold. (6:00) 7 & 8 & Step left back. Step right beside left. Rock left forward. Recover onto right.	Cross Ball Turn & Turn Hold Unwind Hold Coaster Rock Step	Turning right On the spot
	Section 5 1 - 2 & 3 - 4 & 5 - 6 & 7 8 &	Basic Turning 1/4 Left, Rock to 1 1/4 Spin Travelling To Left Step left to left side. Rock back on right. Recover onto left making 1/4 turn left. 3 - 4 & Step right to right side. Rock forward on left. Recover onto right. (3:00). 5 - 6 Step left 1/4 turn left. Make 1/2 turn left stepping back onto right. & Make 1/2 left stepping forward onto left. 7 Make 1/4 turn left stepping right to right side. (9:00) 8 & Rock forward on left. Recover back onto right.	Side Turn Rock Side Left Rock Turn Turn & Step Rock Step	Turning left Right Turning left Right
	Section 6 1 - 2 & 3 - 4 & 5 6	Basic Turning 1/4 Left, Forward Rock to Full Spin Travelling To Left Step left to left side. Rock back on right. Recover onto left making 1/4 turn left. 3 - 4 & Step right to right side. Rock forward on left. Recover back onto right. 5 Step left 1/4 turn left and continue turning an additional 1/2 turn left. 6 Make further 1/4 left and stepping back onto right (facing 6:00).	Side Rock Turn Side Rock Step Turn Turn	Turning left Right Turning left
Section 1 1 - 4 5 - 8	Part B (Straight rhythm) Step, Hitch, Back, Together, Step, Hitch, Back, Together Step left forward. Hitch right. Step back on right. Step left beside right. 5 - 8 Step right forward. Hitch left. Step back on left. Step right beside left.	Step Hitch Back Step Step Hitch Back Step	Forward Back Forward Back	
Section 2 1 - 2 3 - 4 5 - 6 7 - 8 Repeat	Partial Jazz Box Turning 1/4 Left, Weave To Unwind 1/2 Right Cross left over right. Step right back making 1/4 turn left. 3 - 4 Step left to left side. Cross right over left. 5 - 6 Step left to left side. Cross right behind left. 7 - 8 Unwind 1/2 turn right, over 2 counts (weight ends on right) (9:00) Repeat first 16 counts of Part B (facing 12:00)	Cross Turn Side Cross Side Behind Unwind	Turning left Left Turning right	
Section 3 1 - 2 & 3 - 4 & 5 6 & 7 - 8 &	Basic Turning 1/4 Left, Rock To 1 1/4 Spin Travelling To Left Step left to left side. Rock back on right. Recover onto left making 1/4 turn left. 3 - 4 & Step right to right side. Rock forward on left. Recover back onto right. 5 Step left 1/4 turn left and continue turning an additional 1/2 turn left. 6 Step back on right making 1/2 turn left. & Step forward on right making 1/4 turn left. (facing 6:00). 7 - 8 & Step right to right side. Rock forward on left. Recover back onto right.	Side Rock Turn Side Left Rock Turn Turn & Side Rock Step	Turning left Right Turning left Right Continued...	

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 4 1 - 2 3 - 4 5 - 6 7 - 8	Slow Heel Jacks (Not Syncopated) Step left to left side slightly back. Touch right heel forward. 3 - 4 Step right in place. Step left beside right. 5 - 6 Step right to right side slightly back. Touch left heel forward. 7 - 8 Step left in place. Step right beside left. (3:00)	Side Heel Step Together Side Heel Step Together	Left On the spot Right On the spot
Section 5 1 - 2 3 - 4 5 - 6 7 - 8	Kick, Cross, Side, Cross, Kick, Cross, Side, Cross Kick left diagonally forward left. Cross left behind right. 3 - 4 Step right to right side. Cross left over right. 5 - 6 Kick right diagonally forward right. Cross right behind left. 7 - 8 Step left to left side. Cross right over left.	Kick Behind Side Cross Kick Behind Side Cross	Back Right Back Left
Section 6 1 - 4 5 - 8	Kick, Coaster (Not Syncopated), Kick, Coaster (Not Syncopated) Kick left forward. Step back left. Step right beside left. Step forward left. 5 - 8 Kick right forward. Step back right. Step left beside right. Step forward right.	Kick Back Step Step Kick Back Step Step	On the spot
Section 7 1 - 4 5 - 8	Kick, Ball, Cross, Step - x 2 (Kick To Cha Cha Lock Moving Back x 2) Kick left forward. Step back on ball of left. Cross right over left. Step back left back. 5 - 8 Kick right forward. Step back on ball of right. Cross left over right. Step back right.	Kick Ball Cross Back Kick Ball Cross Back	Back
Section 8 1 - 2 3 - 4 5 6 - 8	Kick, Cross, Step, Step (Turning Sailor) 1/2 Turn, Kick, Coaster Step Kick left forward. Cross left behind right starting 1/2 turn left. 3 - 4 Step right to place (completing turn). Step left forward. 5 Kick right forward. 6 - 8 Step right back. Step left beside right. Step right forward. (9:00)	Kick Turn Step Forward Kick Coaster Step	Turning left Forward On the spot
Section 1 1 - 4 5 - 8	Part C (Mambo Rhythm) Kick, Coaster (Not Syncopated), Kick, Coaster (Not Syncopated) Kick left forward. Step left back. Step right beside left. Step left forward. 5 - 8 Kick right forward. Step right back. Step left beside right. Step right forward.	Kick Coaster Step Kick Coaster Step	On the spot
Section 2 1 - 4 5 - 8	Kick, Side Rock, Together, Kick, Side Rock, Together Kick left forward. Rock left to side. Recover onto right. Step left beside right. 5 - 8 Kick right forward. Rock right to side. Recover onto left. Step right beside left.	Kick Side Rock Together Kick Side Rock Together	Left Right
Section 3 1 - 2 3 - 4 5 - 6 7 - 8 Note	4 x Heel Touch Forward, Together (Turning 1/2 Right) Touch left heel forward. Step left beside right. 3 - 4 Touch right heel forward. Step right beside left. 5 - 6 Touch left heel forward. Step left beside right. 7 - 8 Touch right heel forward. Step right beside left. Note During these 8 counts you should turn 1/2 right. (3:00)	Heel Step Heel Step Heel Step Heel Step	On the spot
Section 4 1 - 2 3 - 4 5 - 8	Side Rock, Cross Rock, Side, Hold, Cross, Hold. Rock left to left side. Recover onto right. 3 - 4 Cross rock left over right. Recover onto right. 5 - 8 Step left to left side. Hold. Cross right over left. Hold.	Left Rock Cross Rock Step Hold Cross Hold	Left Right Left
Section 5 1 - 4 5 - 6 7 - 8	Unwind 1 1/4 Left, Step, Pivot 1/2, Step Unwind turning 1 1/4 turn left over four counts. (End facing 12:00 wall) 5 - 6 Step forward left. Step forward right. 7 - 8 Pivot 1/2 turn left. Step right forward. (Now facing 6:00)	Unwind 2, 3, 4. Step Turn Together Step	Turning left Turning right Forward



Music track available on the Crystal Boot Award Workshop CD 2006.
11 tracks produced by Tiny Dancer Records. See page 45 for details or call 01704 392300.



Phrased Line Routine with Mixed Rhythms:- Intermediate Level.

Choreographed by:- Max Perry (USA) December 2005.

Choreographed to:- 'Live & Let Die' by Paul McCartney & Wings from 'Greatest Hits' Album
or 'The Best of James Bond' (2 count intro)

Sequence:- Part A, starting on count 3 (side left), Part B, Part C.
Part B, first 32 counts (16 counts x 2, ending unwind on left)
Part A, starting with count 1
Part B, first 32 counts until end of song (2 x 32 or 4 x 16) with a full unwind instead of a 1/2 turn at the very end to face the 12:00 wall.