Waiting For The Light

Level: Beginner

Count: 32 Choreographer: Pat Newell (USA) - January 2016 Music: One More Night - Lee Rocker

Senior Dancing Series

Learning: Rocking chairs, rumba box, 1/2 pivot, hip bumps, holds

ROCKING CHAIR, HALF RUMBA BOX

- 1-4 Rock Forward on R, recover on L, rock back on R, recover on L
- 5-8 Step R, L together, step R forward hold

ROCKING CHAIR, HALF RUMBA BOX

- Rock forward on L, recover on R, rock back on L, recover R 1-4
- 5-8 Step L to L, R together, back on L, HOLD

BACK ROCKING CHAIR, ½ PIVOT L 6:00

- 1-4 Rock back, recover on L, forward on R, rock back on L
- Rock back on R, forward on L, step forward on R, turn 1/2 L (weight will be on L) 6:00 5-8

HIP BUMPS RIGHT, HOLD, LEFT, HOLD, RIGHT, HOLD, LEFT HOLD

- 1-4 Bump hips R HOLD, L, HOLD
- 5-8 Bump hips R HOLD, L, HOLD

NO TAGS NO RESTARTS

DANCE FOR THE HEALTH OF IT

Last Site Update - 27th Feb. 2016





Wall: 2