

Leave The Light On (aka See The Day)

拍数: 51 墙数: 4 级数: Improver
编舞者: Val O'Connor (UK) - September 2015
音乐: I Leave a Light On - Alan Jackson : (Album: Angels And Alcohol)



Intro: 27 Counts, Start On Vocals

Alt Modern Music: See The Day By Girls Aloud. (No Restart , Dance Remains 2 Walls, 2 Count Intro)

S1: R CROSS SIDE ROCK, L OVER SIDE BEHIND

1-2-3 Cross R over L, L side rock, recover weight on R
4-5-6 Cross L over R, step R to R side, cross L behind R

S2: SIDE R, L CROSS ROCK, ¼ L, ¼ L, L BEHIND

1-2-3 Step R to R side, cross rock L over R, recover onto R
4-5-6 ¼ L stepping forward on L, ¼ L stepping R to R side, cross L behind R (6 o'clock)

S3: SWAY RLR, 1/4 LEFT, FULL TURN L

1-2-3 Sway R to R side, sway L to L side, sway R to R side
4-5-6 ¼ L stepping forward on L, ½ L stepping back on R, ½ L stepping forward on L (3 o'clock)

S4: LUNGE/ROCK FORWARD R, BACK ON L, BACK R, L COASTER CROSS

1-2-3 Lunge or rock forward on R, recover weight back on L, step back on R (RESTART HERE)
4-5-6 Step back on L, step R next to L, cross L over R (facing R diagonal)

S5: R DIAGONAL BASIC WALTZ STEPS, BASIC WALTZ STEPS FACING MAIN WALL,

1-2-3 (Facing R diagonal) Step forward on R, step L next to R, step R in place next to L
4-5-6 (Facing main wall ahead) Step back on L, step R next to L, step L in place next to R (3 o'clock)

S6: L DIAGONAL BASIC WALTZ STEPS, BASIC WALTZ STEPS FACING MAIN WALL

1-2-3 (Facing L diagonal) Step forward on R, step L next to L, step R in place next to L
4-5-6 (Facing main wall ahead) Step back on L, step R next to L, step L in place next to R (3 o'clock)

S7: 1/2 R BASIC WALTZ STEPS, BACK LRL

1-2-3 Step forward on R, ½ R step back on L, step R next to L (9 o'clock)
4-5-6 Step back on L, step R next to L, step L in place next to R

S8: STEP FORWARD R , BRUSH/SCUFF L, STEP FORWARD L, STEP R, ¼ L, CROSS R, SWAY LRL

1-2-3 Step forward on R, brush/scuff L, step forward on L
4-5-6 Step forward on R, pivot ¼ L stepping L to L side, cross R over L (6 o'clock)
1-2-3 Sway L to L side, sway R to R side, sway L to L side

END OF DANCE

RESTART: ON WALL 3 Dance up to count 20 (R lunge/rock recover on L) then point R to R side on count 21
Restart from beginning after this. (You will now be facing 3 o'clock wall and the dance becomes 4 walls)

OPTION ENDING: SECTION 6: 4-5-6 Step back on L, cross R over L, unwind ½ L (5th wall)

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