There Is A Light

拍数: 32

级数: Beginner

编舞者: Ivonne Verhagen (NL) - April 2020

音乐: There's a Light - Robynn Shayne

Dance starts after 8 counts on vocals

ROCK STEP, SHUFFLE ½ TURN RIGHT, HEEL GRIND ¼ LEFT, COASTER STEP

- 1,2 RF rock forward, LF recover on LF
- 3&4 ¼ turn left & RF step side, LF close to RF, ¼ turn left & RF step forward
- 5,6 LF heel grind ¹/₄ turn left (weight ends on RF)
- 7&8 LF step back, RF close to LF, LF step forward

CROSS, BACK & CROSS, POINT (2X)

- 1,2 RF cross over LF, LF step slightly back
- &3,4 RF step side, LF cross over RF, RF point to the right side (Option Flick)
- 5,6 RF cross over LF, LF step slightly back
- &7,8 RF step side, LF cross over RF, RF point to the right side (Option Flick)

ROCK STEP, SHUFFLE BACK, ROCK STEP BACK, SHUFFLE FORWARD

- 1,2 RF rock forward, LF recover on LF
- 3&4 RF step back, LF close to RF, RF step back
- 5,6 LF rock back, RF recover on RF
- 7&8 LF step forward, RF close to LF, LF step forward

PADDLE ¼ LEFT (2X) CROSS ROCK STEP, & OUT, HOLD

- 1,2 RF step forward, ¼ turn left (weight ends on LF)
- 3,4 RF step forward, ¼ turn left (weight ends on LF)
- 5,6 RF cross rock over LF, LF recover on LF
- &7,8 RF step out, LF step out, hold (weight ends on LF)

Have fun!!

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墙数:4