

Trip The Light

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jill Weiss (USA) - August 2014
音乐: Trip the Light (feat. Alicia Lemke) - Garry Schyman



Intro : 64 counts - No Tags Or Restarts

STEP, HOLD, BALL CHANGE, ROCK RECOVER 1 ½ TURN L (OPTION ½ TURN, 2 STEPS FORWARD)

1, 2 Step forward right, HOLD
&3 Quick step (ball change) left forward, step forward right
4-5-6 Rock forward left, recover right, HOLD
&-7-8 Turn ½ left stepping forward left, continue turning left, stepping back right then stepping forward left (option with ½ turn only: turn ½ left and walk forward R, L) (6:00)

ROCK, HOLD, RECOVER, DRAW, STEP SIDE RIGHT, DRAG LEFT, BEHIND, SIDE, CROSS

1, 2, 3, 4 Rock forward on R, HOLD, recover back to L, draw R back next to left (weight stays on left)
5-6 Step right to right, drag left next to right
&7-8 Step left behind, right side, left cross in front (6:00)

SIDE ROCK, HOLD, STEP SIDE, BEHIND, TURN ¼ , PREP RIGHT, FULL TURN, STEP FORWARD

1-2 Rock R to right, HOLD
&3-4 Recover to L, step right behind, turn ¼ left and step left (3:00)
5-6 Step right as prep (turn toes toward right angle), HOLD
&7-8 Turn ½ right stepping back on left, continue 1/2 right stepping R forward, step left forward (3:00)

STEP, HOLD, BALL CHANGE, ROCKING CHAIR, STEP FORWARD (OPTION FOR PIVOT TURNS)

1, 2 Step R forward, HOLD
&3 Quick step (ball change) left forward, step forward right
4-5-6-7-8 Step forward left, pivot ½ right, step forward left, pivot ½ right, step forward left (3:00)
(Option for rocking chair: Rock forward on left, recover right, rock back on left, recover right, step forward left)

SYNCOPATED MAMBO, ¼ LEFT, CROSS ROCK, RECOVER, TURN ¼ AND ½

1-2 Rock R forward, HOLD
&3-4 Recover to L, step back on R, turn ¼ left stepping side left (12:00)
5-6 Cross rock R over L, HOLD
&7-8 Recover left, step right forward turning ¼ right (3:00), step back on left turning ½ right (9:00)

STEP BACK, SWEEP, BACK, SWEEP, STEP BEHIND, HOLD, CROSS ROCK, RECOVER

1-2-3-4 Step back right, sweep left front to back, step back on left, sweep right front to back
5-6 Step right behind, HOLD
&7-8 Step left to left, cross rock right over left, recover to left (9:00)

SYNCOPATED CHASSE RIGHT, CROSS ROCK, RECOVER, SYNCOPATED CHASSE LEFT WITH ¼ TURN LEFT

1-2 Step right, HOLD
&3-4 Step left next to right, step right, cross rock left over right
5-6 Recover to right, HOLD
&7-8 Step left side, step right next to left, turn ¼ left and step left (6:00)

STEP, HOLD, PIVOT ¼ LEFT, HOLD, STEP (PREP), HOLD, FULL TURN, STEP FORWARD

1-2-3-4 Step right forward, HOLD, pivot ¼ left (3:00) HOLD
5-6 Step forward right (prep for turn), HOLD

&7-8 Step back on left turning $\frac{1}{2}$ right, step forward on right turning $\frac{1}{2}$ right, step forward left (3:00)

Dance on 8 walls, no tags or restarts, final 32 counts is a slower tempo – continue dance as written at the slower tempo. The dance will end perfectly on the front wall.

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