

Feel The Light

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Intermediate - Smooth NC2S
編舞者: Roy Hadisubroto (IRE) & Fiona Murray (IRE) - March 2015
音樂: Feel the Light - Jennifer Lopez : (Album: Home Soundtrack)



Intro: 16 counts from the first lyrics in music: Here we go....

[1 – 8] □ NIGHTCLUB BASIC, FULL TURN, STEP, SWAY (2X), STEP, CROSS, □

- 1 – 2& Step R to right side (1), Step L just behind R (2), Cross R over L (&) □ 12:00
3 – 4& Turn ¼ to the R and step L backwards (3), Turn ½ to the R and step R forward (4) Turn ½ to the R and step L backwards (&) □ 3:00
5 – 6 Turn ¼ to the R and Step R to right side (5), Sway to the left (6) Sway to the right (&) □ 6:00
7 – 8& Step L to left side (7), Cross R over L (8), Step L to left side (&) □ 6:00

[9 – 16] □ CROSS, HITCH, STEP DIAGONAL, STEP, FULL TURN, ROCKING CHAIR ½ TURN, (2X) □

- 1 – 2& Cross R behind L and Hitch L knee (1), Cross L behind R (2) Step R diagonally forward (&) □ 7:30
3 – 4& Step L forward (3), Turn ½ to the L and step R backwards (4), Turn ½ to the L and step L forward (&) □ 7:30
5 – 6& Rock R forward (5), Recover back on L (6) Turn ½ to the R and Step R forward (&) □ 1:30
7 – 8& Rock L forward (7), Recover back on R (8), Turn ½ to the L and Step L forward (&) □ 7:30

[17 – 24] □ TURN 5/8, SWEEP, CROSS, STEP, DIAGONAL, LOCKSTEP, WALK AROUND, FULL TURN □

- 1 – 2& Turn 5/8 to the L on R and Sweep L from front to back (1) Cross L behind R (2) Step R to right side (&) □ 12:00
3 – 4& Step L diagonal to R (3) Step R forward (4) Lock R behind L □ 1:30
5 – 6 Turn 1/8 to the R and Step R forward (5), Turn 1/4 to the R and Step L forward (6), □ 9:00
7 – 8& Turn 1/4 to the R and Step R forward (7) Turn ½ to the R and Step L backwards (8), Turn ½ to the R and step R forward (&) □ 12:00

[25 – 32] □ STEP, CROSS, ¼ TURN, ROCK, WALK BACKWARDS, SWEEP (2X), ROCK, TURN 1/2, □

- 1 – 2& Step L to left side (1) Cross R behind L (2) Turn ¼ to the L and Step L forward (&) □ 12:00
3 – 4& Rock R forward (3) Recover back on L (4) Step R backwards (&) □ 9:00
5 – 6 Step L backwards and Sweep R from front to back (5) Step L backwards and Sweep L from front to back (6) □ 9:00
7 – 8 & Rock L backwards (7) Recover back on R (8) Turn ½ to the R and Step L next to R (&) □ 3:00

Start again! □