Shed a Light (int)

級數: Intermediate

編舞者: Liz Gardiner (AUS) - December 2016

音樂: Shed a Light - Robin Schulz, David Guetta & Cheat Codes : (Album: Shed a Light)

Start after 32 counts on "I ... keep staring up at the ceiling" weight on left. - Direction: CW

S1:, WALK, WALK, WALK, KICK, BACK, BACK, 1/2 BACK, 1/2 BALL STEP

牆數:4

- 1, 2, 3, 4 Walk R forward, Walk L forward, Walk R forward, Kick L
- 5, 6, 7&8 Step L back, Step R back, 1/2 L stepping L forward, continuing 1/2 L step back R, step L beside R (ball step) (weight L) (12:00)

S2:, BACK, BACK, COASTER STEP, STEP, KICK, ROCK, RECOVER

- 1, 2, 3&4 Step R back, Step L back, R coaster step (Step R back, Step L beside R, Step R forward)
- 5, 6, 7, 8 Step L forward, Kick R, Step R back, Recover L (12:00)

S3:, VINE R , 1/4, 1/2, 1/2 TURNING SHUFFLE

- 1, 2, 3, 4 Step R to R side, Step L behind R, Step R to R side, Touch L beside R
- 5, 6, 7&8 1/4 L step L forward, 1/2 L step R back, 1/2 L turning shuffle LRL (9:00)

S4:, STEP, 1/4 PIVOT, STEP, 1/4 PIVOT, FULL TURN VOLTA

- 1, 2, 3, 4 Step R forward, 1/4 L turn, Step R forward, 1/4 L turn
- 5&6&7, 8 Step R forward, Step L close beside R turning 1/4 R, Step R forward turning 1/4 R, Step L close beside R turning 1/4 R, Step R forward turning 1/4 R, Step L beside R taking weight L(3:00)

Dance ending. Dance to count 28 and add 1/4 L stepping R to R side.

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拍數: 32