Shed A Light On Me

級數: Intermediate

編舞者: Francien Sittrop (NL) - March 2017

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

拍數: 64

[1 – 8] Cross, Hold, Back, Side, Cross, Point R, Point across, Side Shuffle ¼ R

- 1 2Step R across L, Hold
- &3-4 Step L back, Step R to R side, Step L across R
- 5 6 Point R to R side, Point R across L
- 7 & 8 Step R to R side, Step L next to R, 1/4 Turn R step R fwd (03.00)

[9-16] 14 R, Side Shuffle, Behind, 1/4 L, Shuffle fwd

- 1 2 Step L fwd, Make ³/₄ Turn R (12.00)
- 3&4 Step L to L side, Step R next to L, Step L to L side
- 5 6Step R behind L, ¼ R step L fwd (09.00)
- Step R fwd, Step L next to R, Step R fwd 7 & 8

[17-24] Step fwd , Knee pop, Coaster Step, Step fwd, Knee Pop, Coaster Step

- 1&2 Step L fwd, Pop Both Heels up(&) and down (2)
- 3&4 Step L back, Step R next to L, Step L fwd
- 5&6 Step R fwd, Pop Both Heels up (&) and down (6)
- 7 & 8 Step R back, Step L next to R , Step R fwd

[25-32] Step fwd, Pivot ½ R, Step Fwd, Pivot ½ R, Jazz Box Cross ¼ L

- Step L fwd, Pivot ¹/₂ Turn R (03.00) 1 – 2
- 3 4 Step L fwd, Pivot ¹/₂ Turn R (09.00)
- 5 8 Step L across R, Step R back, ¼ Turn L step L to L side, Step R across L (06.00)

[33-40] And Cross, Side , Sailorstep x2, Shuffle fwd

- &1-2 Step L to L side, Step R across L, Step L to L side
- 3&4 Sweep R behind L, Step L next to R, Step R to R side
- 5&6 Sweeo L behind R, Step R next to L, Step L to L side
- 7 & 8 Step R fwd, Step L next to R, Step R fwd

[41-48] Step fwd. Pivot ½ R. Step fwd. ½ Turn L. Sailor Step ¼ Turn L. Hip Sways

- 1 2 Step L fwd, Pivot 1/2 Turn R (weight on R)(12.00)
- 3 4 Step L fwd, ¹/₂ Turn L step R back (06.00)
- Sweep L behind R with ¼ Turn L, Step R next to L, Step L across R (03.00) 5&6
- 7 8 Step R to R side and Push Hips R, Push Hips L

[49-56] Rock fwd, Recover, Coaster Step, Paddle ½ Turn R, Rock fwd, Recover

- 1 2 Rock R fwd, Recover on L
- 3&4 Step R back, Step L next to R, Step R fwd
- 5-6 Touch L fwd and Paddle ¼ Turn R, Touch L fwd and Paddle ¼ Turn R (09.00)
- 7 8 Rock L fwd, Recover on R

[57-64] Out, Out, Hold, In , Cross, Hold, Kick Ball Step, Kick Bal Step

- &1-2 Step Out on L, Step Out on R, Hold
- &3-4 Step R in, Step L across R, Hold
- 5&6 Kick R fwd. Step R down, Step L fwd





牆數:4

7 & 8 Kick R fwd, Step R down, Step L fwd

Website : www.franciensittrop.nl