Shine For Shannon

拍數: 32	牆數: 2	級數: Beginner

編舞者: Fred Whitehouse (IRE) - March 2020

音樂: I Believe - Yolanda Adams : (Album: Honey Soundtrack)

#64 Count Intro

Restart on Wall 2 (after 8 counts), and Wall 6 (after 16 counts)

(1-8) Step Diagonal, Clap Touch, Repeat, Walk Back x 4

1,2	Step R forward to diagonal (1:30), Clap while touching L beside R
3,4	Step L forward to diagonal (10:30), Clap while touching R beside L
5,6	Step back R (6:00), Step back L
7,8	Step back R, Step back L

*Restart here on Wall 2

(9-16) Stomp Forward R x 2, Stomp Forward L x 2

1,2	Stomp R forward, Repeat
3,4	Stomp L forward, Repeat
5,6	Step R forward making ¼ turn L (9:00)
7,8	Step R forward making ¼ turn L (6:00)

*Restart here on Wall 6

(17-24) Out, Out, In, In, Repeat

1,2	Step R out to R diagonal (push both hands up R), Step L out to L diagonal (push both hands up L)
3,4	Step R back (rolling fists in front of you), Step L back (rolling fists in front of you)
5,6	Repeat Counts 17,18
7,8	Repeat Counts 19,20

(25-32) Slide Forward Diagonal, Heel Bounce x 2, Repeat

1,2	Step R forward diagonal (7:30), Step L beside R
3,4	Lift both heels off the floor and bounce heels twice
5,6	Step L forward diagonal (4:30), Step R beside L
7,8	Lift both heels off the floor and bounce heels twice

Start Again