

This Light of Mine

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Mona Gardner (USA) & Jean Henke (USA) - January 2022
音樂: This Little Light of Mine - Scooter Lee



Introduction: 8-counts after the slow intro

Group 1: WALK FORWARD, SIDE-POINTS

- 1-2 Walk forward R-L
- 3-4 Walk forward R-L
- 5-6 From center point side R, return to center
- 7-8 From center point side L, return to center

Group 2: WALK BACK, SIDE-POINTS

- 1-2 Walk Back R-L
- 3-4 Walk Back R-L
- 5-6 From center point side R, return to center
- 7-8 From center point side L, return to center

Group 3: VINE RIGHT, VINE LEFT

- 1-2 Step side R, step L behind R
- 3-4 Step side R, touch L next to R
- 5-6 Step side L, step R behind L
- 7-8 Step side L, touch R next to L

Group 4: PADDLE ¼ LEFT

- 1-2 Pushing with R, pivoting on L, paddle 1/16
- 3-4 Pushing with R, pivoting on L, paddle 1/16
- 5-6 Pushing with R, pivoting on L, paddle 1/16
- 7-8 Pushing with R, pivoting on L, paddle 1/16 (9:00)

No Tags, No Restarts

NOTE: For a full-body workout, add to the dance upper-body movements such as:

Group 1

- 1-4 Arms above head, fingers pointing forward
- 5-8 Arms above head, swinging from R to L while doing points

Group 2

- 1-4 Arms above head, thumbs pointing back
- 5-8 Arms above head, swinging from R to L while doing points

Group 3

- 1-4 Left arm on head, shoulder or waist, right arm stretched to side, pointing right
- 5-8 Right arm on head, shoulder or waist, left arm stretched to side, pointing left

Group 4

- 1-8 Arms above head, waving continually while doing the paddles to the left

OR: any variation thereof.