

Shine Your Light

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Improver contra dance
編舞者: Barbara R. K. Wallace (CAN)
音樂: Shine Your Light - The Mavericks



TRAIN STEP, ½ PIVOT LEFT, RIGHT SHUFFLE FORWARD

1-4 Rock forward right, recover left, rock back right, recover left
5-6 Step forward right, ½ pivot left
7&8 Shuffle forward right, left, right

TWO LEFT KICK BALL CHANGES, ROCK SIDE LEFT AND RECOVER WITH ¼ TURN RIGHT, LEFT SHUFFLE FORWARD

9&10 Kick the left foot forward, step on ball of left foot, transfer weight to right foot
11&12 Kick the left foot forward, step on ball of left foot, transfer weight to right foot
13-14 Rock side left, recover on right foot making ¼ turn to right
15&16 Shuffle forward left, right, left

RIGHT CUCARACHA, LEFT CUCARACHA

17-18 Grind ball of right foot to right side (put weight on right foot) recover on left
19&20 Shuffle on the spot right, left, right
21-22 Grind ball of left foot to left side (put weight on left foot) recover on right
23&24 Shuffle on the spot left, right, left

Use some "hip action" on the curcarachas

VINE 2, BALL CROSS, VINE 2 BALL CROSS, STEP TOUCH (SYNCOPATED VINE EIGHT)

25-26 Step side right, cross left foot behind
&27 Step on the ball of the right foot, cross the left foot in front
28-29 Step side right, cross left foot behind
&30 Step on the ball of the right foot, cross the left foot in front
31-32 Step side right, touch left foot beside right

Alternate steps for 25-32 - vine 7 and a touch- side right, left behind, side right, left in front, side right, left behind, side right and touch left toe beside right foot

LINDY LEFT, TWO 1/8 TURNS LEFT

33&34 Side shuffle left, right, left
35-36 Rock back on the right, recover left
37-38 Step forward on the right, make 1/8 turn left (weight on left foot)
39-40 Step forward on the right, make 1/8 turn left (weight on left foot)

On the above 4 counts, use your hips to get you around

REPEAT

Have fun with this as a "contra" line dance. Line up facing your partner. You may need to make some subtle adjustments in your steps so that you go through the lines "back to back" during counts 25-32.