

Hit The Lights

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Easy Intermediate
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音樂: Lights, Camera, Action - The Pussycat Dolls : (Album: Domination)



Intro : Start On the verse (37 Sec)

Website : <http://dutchnewliners.come2me.nl>

(1 – 8) L Cross, Side, Sailor Step, Cross , Side, Sailor Step

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

(9-16) Step Fwd, Pivot ½ Turn R, Full Turn R, Rock , Recover, Lockstep Back

- 1 – 2 Step L fwd, ½ Turn R (6.00)
- 3 - 4 Full Turn R With L,R,
- 5 – 6 Rock L Fwd, Recover on R
- 7 & 8 Lockstep back with L, R , L

(17-24) Touch Back, ½ Turn R, L Rock and Cross, R Side Rock(hip sways) , Recover, Behind , Side, Fwd

- 1 – 2 Touch R back, ½ Turn R (weight on R) (12.00)
- 3 & 4 Rock L to L side, Recover on R, Step L fwd
- 5 – 6 Rock R to R side with Hip sways, Recover on L
- 7 & 8 Step R behind L, Step L to L side, Step R Fwd

(25-32) Rock Fwd, Recover, Shuffle ¾ Turn, Step, Lock, Lock Step

- 1 – 2 Rock L to Fwd, Recover on R
- 3 & 4 Shuffle ¾ Turn L with L,R,L (3.00)
- 5 – 6 Step R fwd, Step L behind R
- 7 & 8 R Lockstep fwd with R, L , R

(33-40) Out, Out (Option: Squads) , Coaster Step, Step Fwd, Step Behind, Heel Swivels

- 1 – 2 Step L out with knee roll (roll L shoulder from front to back), Step R out with Knee roll (roll R shoulder from front to back) Option: go down your knees on 1- 2 and raise when you do the Coaster step (3&4)
- 3 & 4 Step L back Step R next to L, Step L fwd
- 5 – 6 Step R fwd, Step L toe behind R heel
- &7&8 Heel Swivels Out, In , Out , In

(41-48) Step Fwd, ¼ Turn R, Behind, Side, Cross, ¼ Turn R , ½ Turn R , ¼ Turn R with Heel Bounces

- 1 – 2 Step L fwd, ¼ Turn R (6.00)
- 3 & 4 Step L behind R, Step R to R side, Step L across R
- 5 – 6 ¼ Turn R and step R fwd, ½ Turn R and step L back
- 7 & 8 ¼ Turn R and touch R to R side and Bounce Heels (weight ends on R)

Option: Hand movement: you can do this every wall but you can also do it only on the second wall on count 7 & 8 when he sings 1-2-3-4 : R arm up and fwd and Point your R index finger down , up, down

Start Again