Shine on You

拍數: 32

級數: Improver

編舞者: Jo Kinser (UK) & John Kinser (UK) - October 2012

音樂: Shine - Laura Izibor : (iTunes)

Start the dance 32 counts in (0:18).

[1-8] Rock Sweep, Behind & Cross, Side, Back, Diagonal Crossing Shuffle Fwd	
1,2	Rock Rt fwd, Replace weight Lt Sweeping Rt from front to back
3&4	Step Rt behind Lt, Step Lt to Lt, Step Rt across Lt
5,6	Step Lt to Lt, Step Rt back (facing 1:00)
7&8	Step Lt across Rt (12:00), Step Rt diagonally fwd Rt (1:00), Step Lt across Rt (Lt ft is facing 12:00)

[9-16] Walk Around, Shuffle & Cross, Side, Close, Shuffle Fwd

- 1,2 Make 1/4 turn Rt stepping Rt fwd (3:00), Make 1/4 turn Rt stepping Lt fwd (6:00)
- 3&4 Make 1/4 turn Rt stepping Rt fwd (9:00), Step Lt next to Rt, Make 1/4 turn Rt crossing Rt over Lt(12:00)
- 5,6 Step Lt to Lt, Step Rt next to Lt
- 7&8 Step Lt fwd, Step Rt next to Lt, Step Lt fwd
- ***Restart Here: Wall 5 (12:00)

[17-24] Step, 1/2 Turn, Coaster Step, Hip Hip, Rt Lock Fwd

- 1,2 Step Rt fwd, Pivot 1/2 turn Lt (weight Rt) (6:00)
- 3&4 Step Lt back, Step Rt next to Lt, Step Lt fwd
- 5,6 Step Rt fwd pushing Rt hip fwd, Transfer weight Lt pushing Lt hip back
- 7&8 Step Rt fwd, Lock Lt behind Rt, Step Rt fwd

[25-32] Rock Hitch, Step Lock Back, 1/4 Turn Touch, Triple Full Turn Left

- 1,2 Rock Lt fwd, Replace weight Rt Hitching Lt up
- 3&4 Step Lt back, Lock Rt in front of Lt, Step Lt back
- 5,6 Make 1/4 turn Rt stepping Rt to Rt, Touch Lt next to Rt (9:00)
- 7&8 Make 1/4 turn Lt stepping Lt fwd (6:00), Make 1/2 turn Lt stepping Rt back (12:00), Make 1/4 turn Lt stepping Lt to Lt (9:00)

HAVE FUN





.

牆數:4