

# La Lumiere

Count: 64

Wall: 2

Level: Intermediate (not phrased)

Choreographer: Gaye Teather (UK) - February 2008

Music: The Light In Our Souls - Helena Paparizou : (CD: My Number One)



(72 count intro. Start on the word "Why" on main vocals )

**Heel switches Right & Left touch side. Touch across. Touch side. Cross. Unwind 1 / 2 turn Left. Kick**

- 1&2& Touch Right heel forward. Step Right beside Left. Touch Left heel forward. Step Left beside Right
- 3 – 4 Touch Right toe to Right side. Touch Right toe across Left
- 5 – 6 Touch Right toe to Right side. Cross Right over Left
- 7 – 8 Unwind half turn Left (keeping weight on Right). Kick Left foot forward (Facing 6 o'clock)

**Back rock. Shuffle forward. Full spiral turn Left. Shuffle forward**

- 1 – 2 Rock back on Left. Recover onto Right
- 3&4 Step forward on Left. Step Right beside Left. Step forward on Left
- 5 – 6 Step forward on Right. On ball of Right spin a full turn Left hooking Left foot in front of Right shin (Facing 6 o'clock)

**(Option) Steps 5 – 6 can be replaced with Step forward Right. Hold**

- 7&8 Step forward on Left. Step Right beside Left. Step forward on Left

**Cross. Back. Shuffle 1 / 2 turn Right. 1 / 4 turn Right. Tap. Side. Tap**

- 1 – 2 Cross Right over Left. Step back on Left
- 3&4 Shuffle half turn Right stepping Right. Left. Right
- 5 – 6 Quarter turn Right stepping Left to Left side. Tap Right toe beside Left (angling body to Right diagonal) (Facing 3 o'clock)
- 7 – 8 Step Right to Right. Tap Left toe beside Right (angling body to Left diagonal)

**Side rock. Cross shuffle. 1 / 2 turn Left. Shuffle forward**

- 1 – 2 Rock Left to Left side. Recover onto Right
- 3&4 Cross Left over Right. Step Right to Right. Cross Left over Right
- 5 – 6 1 / 4 turn Left stepping back on Right. 1 / 4 turn Left stepping Left to Left side (Facing 9 o'clock)
- 7&8 Step forward on Right. Step Left beside Right. Step forward on Right

**Heel switches x 4 turning 1 / 4 Right. Forward rock. Coaster step**

- 1&2& Touch Left heel forward. Step Left beside Right. Turning slightly Right touch Right heel forward. Step Right beside Left
- 3&4& Turning slightly Right touch Left heel forward. Step Left beside Right. Turning slightly Right
- (to complete 1 / 4 turn Right) touch Right heel forward (Facing 12 o'clock). Step Right beside Left**
- 5 – 6 Rock forward on Left. Recover onto Right
- 7&8 Step back on Left. Step Right beside Left. Step forward on Left

**Step. Pivot 1 / 2 turn Left. Shuffle. Full turn Right. Shuffle**

- 1 – 2 Step forward on Right. Pivot 1 / 2 turn Left
- 3&4 Step forward on Right. Step Left beside Right. Step forward on Right
- 5 – 6 1 / 2 turn Right stepping back on Left. 1 / 2 turn Right stepping forward on Right (Facing 6 o'clock)

**Option: Steps 5 – 6 can be replaced with 2 walks forward, Left. Right**

- 7&8 Step forward on Left. Step Right beside Left. Step forward on Left

**Cross. Back. Back. Cross & cross & cross & cross. Flick behind**

1 – 4            Cross Right over Left. Step back on Left. Step back on Right. Cross Left over Right  
&5                Step Right slightly back on Right diagonal. Cross Left over Right  
&6                Step Right slightly back on Right diagonal. Cross Left over Right  
&7                Step Right slightly back on Right diagonal. Cross Left over Right  
8                 Flick Right back and behind Left

**Right side rock. Behind-side-cross. Left side rock. Behind-side-step**

1 – 2            Rock Right to Right side. Recover onto Left  
3&4              Cross Right behind Left. Step Left to Left. Cross Right over Left  
5 – 6            Rock Left to Left side. Recover onto Right  
7&8              Cross Left behind Right. Step Right to Right. Step forward on Left

**Start again**

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