

# The Light

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Dee Musk (UK) - July 2015  
音乐: The Light - Adam Lambert : (Album: The Original High - Deluxe Version - iTunes)



#16 Count Intro. Approx 08 seconds.

**\$1: Step Reverse ½ Turn, Coaster Step, Step Reverse ½ Turn, Sailor ¼ Cross.**

1,2            Step forward on R, make a reverse ½ turn R stepping back on L.  
3&4           Step back on R, step L beside R, step forward on R.  
5,6           Step forward on L, make a reverse ½ turn L stepping back on R.  
7&8           Making a ¼ turn L step L behind R step R to R side, cross L over R. (9 o'clock)

**\$2: Hinge ½ Turn, Cross & Heel, Ball Cross Side, Behind & Heel.**

1,2            Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.  
3&4           Cross R over L, step L to L side, extend R heel to R diagonal.  
&5,6          Step R beside L, cross L over R, step R to R side.  
7&8           Step L behind R, step R to R side, extend L heel to L diagonal. (3 o'clock)

**\$3: Ball Cross Rock, Side Shuffle, Cross Rock, Shuffle ¼ Turn.**

&1,2          Step L beside R, cross rock R over L, recover weight to L.  
3&4           Step R to R side, close L beside R, step R to R side.  
5,6           Cross rock L over R, recover weight to R.  
7&8           Step L to L side, close R beside L, make a ¼ turn L stepping forward on L. (12 o'clock)

**\$4: Step ½ Turn, Shuffle Forward, Full Turn, Shuffle Forward.**

1,2            Step forward on R, make a ½ turn L.  
3&4           Shuffle forward stepping R, L, R.  
5,6           Travelling forward make a full turn R stepping back on L, stepping forward on R.  
**(Alternative steps; walk forward L, R).**  
7&8           Shuffle forward stepping L, R, L. (6 o'clock)

**\$5: Rock Recover, Back Touch, Back Touch, Out Out Ball Cross, Rock ¼ Turn.**

1,2            Rock forward on R, recover weight to L.  
&3&4          Step back on R, touch L beside R, step back on L, touch R beside L.  
&5&6          Step out R, Step out L, step R beside L, cross L over R.  
7,8           Rock R to R side, recover making a ¼ turn L. (3 o'clock)

**\$6: Step ¼ Point, & Point Ball Cross, Side Rock, Behind Side Cross.**

1,2            Step forward on R, on ball of R make a ¼ turn R pointing L toe to L side.  
&3&4          Step L beside R, point R toe to R side, step R beside L, cross L over R.  
5,6           Rock R to R side, recover weight to L.  
7&8           Step R behind L, step L to L side, cross R over L. (6 o'clock)

**\$7: Reverse Full Turn, Cross Side, Sailor Step.**

1,2            Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R.  
3,4           Step forward on L, make a ¼ turn R (weight on R).  
**(Alternative steps; step L to L side, cross R behind L, rock L to L side, recover weight to R).**  
5,6           Cross L over R, step R to R side.  
7&8           Cross step L behind R, step R to R side, step L to L side. (6 o'clock)

**\$8: Cross Unwind, Kick Ball Change, Rock Step, Shuffle ½ Turn.**

1,2            Cross step R behind L, unwind a ½ turn R (weight on R).

3&4 Kick L forward, step L beside R, step forward on R.  
5,6 Rock forward on L, recover weight to R.  
7&8 Make a ½ turn L shuffling forward L, R, L. (6 o'clock)

**Begin Again**

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