

Lightning

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 2 级数: Low Intermediate
编舞者: Stella Kim (KOR) - July 2016
音乐: Lightning (feat. Fatai) - Guy Sebastian



Intro : 36 counts

SEC 1: FORWARD, HOLD, FORWARD, FORWARD ROCK, RECOVER, BACK ROCK, RECOVER AND 1/4 TURN SWEEP, CROSS, SIDE ROCK, RECOVER

1-3 RF forward, hold, LF forward
4&5 RF forward rock, LF recover, RF back rock(Right shoulder and body slightly turn to R)
6 1/4 turn L with LF recover and RF sweep from back to front
7-8& RF cross over LF, LF side rock, RF recover

SEC 2: FORWARD ROCK, 1/4 TURN L WITH RECOVER, SIDE ROCK, 1/4 TURN R WITH RECOVER, PIVOT 1/2 TURN R, FORWARD, FULL TURN L, 1/2 TURN L

1-2 LF forward rock, 1/4 turn L with RF recover
3-4 LF side rock, 1/4 turn R with RF recover
&5-6 LF forward, pivot 1/2 turn R (weight RF), LF forward
7-8 1/2 turn L with RF back, 1/2 turn L with LF forward,

* Walls 2 and 5 - Restart here (6:00)

& 1/2 turn L with RF back

SEC 3: 1/4 TURN WITH SIDE ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS, SIDE AND SWEEP 5/8 TURN, SAILOR STEP WITH BODY ROLL, BACK, BACK

1-2 1/4 turn L with LF side rock, RF recover
3&4 LF side rock, RF recover, LF cross over RF
5-6&7 RF side and LF sweep 5/8 turn L(10:30), LF cross behind RF, RF slightly side, LF forward with body roll from front to back
8& RF back, LF back

SEC 4: BACK, HOLD, COASTER STEP, FORWARD, HOLD, WALK AROUND 3/8 TURN L

1-2 RF back, hold
3&4 LF back, RF together, LF forward
5-6 RF forward, hold
7&8 walk around 3/8 turn L with 3 times of forward walk (LF/RF/LF)

RESTART: On the 2nd, 5th wall, you should dance until 16 counts and start again
(In this time, you should dance until full turn to L and then 1/4 turn to L and start again (6:00))

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