

Glow

拍数: 32 墙数: 4 级数: Improver
编舞者: April Coady (IRE) - March 2019
音乐: Glow - Gavin James



Intro 64 counts

Tag : At the end of wall 6

S1: Cross, Back Shuffle, Back Rock, Tap Out Out, Cross Rock

1 Cross R over L
2&3 Step L back, close R beside L, step L back
4 5 Rock back on R, recover on L
6 Touch R beside L
&7 8 Step R to R side, step L to L side, cross Rock R over L

S2: Recover, ¼ R Shuffle, Step L ½ Turn, L Shuffle Fwd, Sweep

1 2&3 Recover on L, making ¼ turn R shuffle fwd RLR
4 5 Step L fwd, pivot ½ turn R
6&7 Shuffle fwd LRL
8 Step fwd R while sweeping L across R

S3: Front Side Behind ¼ Turn R, Rock Recover, Triple ½ Turn L

1 2 Step L over R, Step R to R side
3 4 Step L behind R, Step R to R making ¼ turn R
5 6 Rock L fwd, recover R
7&8 Triple ½ turn L stepping LRL

S4: Rock Recover, Triple ½ Turn R, Step ¼ Turn, Step Sweep

1 2 Rock R fwd, recover L
3&4 Triple ½ turn R stepping RLR
5 6 Step L fwd, pivot ¼ turn R
7 8 Step L fwd, sweep R across L

Start Again!

Tag : Box Step

1 2 Cross R over L, step L back
3 4 Step R to R, step L fwd

If you need any help with this step sheet contact aprilcoady@hotmail.com