

Light On In My Soul

COPPER KNOB
BY STEPHEN HETS

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Heide Dee (USA) - March 2020
音乐: Bluebird - Miranda Lambert : (Album: Wildcard)



Intro: 8 counts

FORWARD AND BACK TO SAMBA BEAT 2X

1 & 2 Step L ball forward (1) Step R ball forward next to L (&) Step L ball in place (2)
3 & 4 Step R ball back (1) Step L ball ball back next to L (&) Step R ball in place (2)
5 & 6 Step L ball forward (1) Step R ball forward next to L (&) Step L ball in place (2)
7 & 8 Step R ball back (1) Step L ball forward next to L (&) Step R ball in place (2)

DIAGONAL TURNS (3) COASTER FORWARD FINISH

1 & 2 Step diagonal L (Towards 9 o'clock), Step R (11 o'clock) (Pivot & step back L (7 o'clock)
3 & 4 Step back diagonal R (6 o'clock), Step back diagonal L (5 o'clock) R forward (4 o'clock)
5 & 6 Cross L over right (4 o'clock), step forward R (5 o'clock) Pivot and step back L (1 o'clock)
7 & 8 Step back R (12' o'clock) Step L next to R, Step R forward

FORWARD PROGRESSING TRIPLE STEPS 4X

1&2 (Left over right) Step L, R, L
3&4 (Right over left) Step R, L, R
5&6 (Left over right) Step L, R, L
7&8 (Right over left) Step R, L, R finishing with right pointing towards 11 o'clock

BACK PROGRESSING DIAGONAL LOCK STEPS, PIVOT 4X

1&2 9 o'clock side-Step back L, Cross R over L, Step back L
3&4 3 o'clock side-Step back R, Cross L over R, Step back R
5&6 9 o'clock side-Step back L, Cross R over L, Step back L
7&8 3 o'clock side-Step back R, Cross L over R, Step back R finish facing 12 o'clock

FORWARD PROGRESSING TRIPLE STEPS 4X

1&2 (Left over right) Step L, R, L
3&4 (Right over left) Step R, L, R
5&6 (Left over right) Step L, R, L
7&8 (Right over left) Step R, L, R finishing with R pointing towards 11 o'clock

NIGHTCLUB BASIC

1 Slide side L (Shoulder width)
2& R back rock, replace on L
3 Slide side R (Shoulder width)
4& L back rock, replace on R
5 Slide side L (Shoulder width)
6& R back rock, replace on L
7 Slide side R (Shoulder width)
8& Straight back rock L, replace forward on R

BACK AND FORWARD 1/2 ROCK TURNS

1 1/2 turn R stepping back L (facing 6 o'clock)
2& Back rock R, replace on L
3 1/2 turn L stepping back R (facing 12 o'clock)
4& Back rock L, replace on R

- 5 1/2 turn R stepping back L (facing 6 o'clock)
- 6& Back rock R, replace on L
- 7 1/2 turn L stepping back R (facing 12 o'clock)
- 8& Straight back rock L, replace forward on R

NIGHTCLUB BASIC

- 1 Slide side L (Shoulder width)
- 2& R back rock, replace on L
- 3 Slide side R (Shoulder width)
- 4& L back rock, replace on R
- 5 Slide side L (Shoulder width)
- 6& R back rock, replace on L
- 7 Slide side R (Shoulder width)
- 8& Straight back rock L, replace forward on R

SIDE STEPS, BOX

- 1,2 L Side touch, step (Shoulder width)
- 3,4 R Side touch, step (Shoulder width)
- 5 Cross L over R
- 6 Step R back
- 7 Step L side
- 8 Step R side (Touching left to right)

SIDE TURNS 1/4, 1/2, 1/2, TOUCH, 4X. TURN 4 TO R is 1/4, 1-1/2 TO FACE OTHER WALL

- 1, 2, 3, 4 L, R, L touch R
- 5, 6, 7, 8 R, L, R touch L
- 1, 2, 3, 4 L, R, L touch R
- 5, 6, 7, 8 R, L, R, touch L

Start again facing 6 O'Clock for second time through

For third and final time, you will be facing 12 O'clock, but start with a...

TAG! 2 Left foot forward West Coast Swing sugar pushes for 16 counts

1,2,3&4,5,6, &8 L, R, LRL, R, L, RLR

Or walk, walk, triple step, back, back, triple in place followed by Samba forward and back for 4 counts, starting with L

Start dance again for third time.

LIGHT ON IN MY SOUL

Only change is in the final side turn

- 1,2,3, 4 L, R, L touch R
- 5,6,7, 8 R, L, R touch L
- 1,2,3, 4 L, R, L touch R

L, R, L, R, L keep turning and end with final L forward facing 12 o'clock.

Please do not alter or publish this step description without my permission.

If you have any questions or have helpful suggestions, please contact me at:

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First publication
