

Blinded By The Lights

COPPER KNOB
BY STEPHEN

拍数: 64
编舞者: Anna Oldberg (SWE) - May 2020
音乐: Blinding Lights - The Weeknd

级数: Improver / Intermediate



Intro: 48 C from the beat starting

(1) 1 – 8 Lock step, Hold, ½ Chase, Hold

1,2,3,4 Step Rf forward (1), Lock Lf behind Rf (2), Step Rf forward (3), Hold (4) 12:00
5,6,7,8 Step Lf forward (5), ½ Pivot right stepping down on Rf (6), Step Lf forward (7), Hold (8) 6:00

(2) 1 – 8 Vine ½ turn right with hitch, Cross shuffle, Hold

1,2,3,4 Step Rf to right side (1), Step Lf behind Rf (2), Turn ¼ right stepping forward on Rf hitching left (3), turn ¼ right on Rf (4) 12:00
5,6,7,8 Cross Lf over Rf (5), Step Rf beside Lf (6), Cross Lf over Rf (7), Hold (8) 12:00

(3) 1 – 8 Rumba Box with hold

1,2,3,4 Step Rf to right side (1), Step Lf beside Rf (2), Step Rf forward (3), Hold (4) 12:00
5,6,7,8 Step Lf to left side (5), Step Rf beside Lf (6), Step Lf back (7), Hold (8) 12:00

(4) 1 – 8* Rocking chair, Side, Touch, ¼ left, Touch

1,2,3,4 Rock back on Rf (1), Recover on Lf (2), Rock forward on Rf (3), Recover on Lf (4) 12:00
5,6,7,8 * Step Rf to right side (5), Touch Lf beside Rf (6), Turn ¼ left stepping Lf to left side (7), Touch Rf beside Lf (8)* 9:00

(5) 1 – 8 Forward mambo with sweep, Sailor ¼ left

1,2,3,4 Rock forward on Rf (1), Recover on Lf (2), Step Rf beside Lf (3), Start to sweep Lf from front to back (4) 9:00
5,6,7,8 Turn ¼ left stepping Lf slightly behind Rf (5), Step Rf to the right side (6), Step Lf to left side (7), Hold (8) 6:00

(6) 1 – 8 Figure 8***

1,2,3,4,5 Step Rf to right side (1), Step Lf behind rf (2), turn ¼ right stepping forward on Rf (3), Step forward on Lf (4), ½ Pivot right stepping down on Rf (5) 3:00
6,7,8 Turn ¼ right stepping Lf to left side (6), Step Rf behind Lf (7), Step Lf to left side (8) 6:00

(7) 1 – 8 Side, Touch, ¼, Touch, ¼, Touch, ¼, Hold

1,2,3,4 Step Rf to right side (1), Touch Lf beside Rf (2), Turn ¼ left stepping Lf to left side (3), Touch Rf beside Lf (4) 3:00
5,6,7,8 Turn ¼ left stepping Rf to right side (5), Touch Lf beside Rf (6), Turn ¼ left stepping Lf to left side (7), Hold (8) 9:00

(8) 1 – 8 Cross rock, Side rock, Behind rock, ¼, ¼

1,2,3,4 Cross rock Rf over Lf (1), Recover on Lf (2), Rock Rf to the right side (3), Recover on Lf (4) 9:00
5,6,7,8 Cross rock Rf behind Lf (5), Recover on Lf (6), ¼ left stepping back on Rf (7), ¼ left stepping Lf to left side (8) 3:00

* Easy improver: Only dance the first 4 sections (32 C), then restart the dance

** Restarts (Easy intermediate): After 32 C on wall 2 and 4, facing 12 o'clock both times

*** Easier option: Vine to the right with a touch, vine to the left with a touch

Ending Easy improver: Only do the first 2 counts of the Rocking Chair (Back rock, recover), then do chase ½ turn left (step turn step)

Ending Easy intermediate: After Rocking chair (28 C), step back on Rf
