

Light Me Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Frank Heelan (IRE) & Debbie Curran (IRE) - January 2021
音乐: Dynamite - BTS



Intro - 16 counts.

Sec 1: Mambo step, coaster step, side rock cross, side rock cross.

1&2 Rock forward right, recover left, right together.
3&4 Step back left, right together, forward left.
5&6 Rock right to right, recover left, step right over left.
7&8 Rock left to left, recover right, step left over right. (12.00)

Sec 2: Monterey turn, pivot ½ turn, chasse right.

1-2 Point right to right, turn ½ right stepping on right. (6.00)
3-4 Point left to left, step left next to right.
5-6 Step forward right, pivot ½ left. (12.00)
7&8 Step right to right, left together, right to right.

Sec 3: Side strut, cross strut, pivot ¼ right, shuffle forward.

1-2 Touch left toe to left, step down on heel.
3-4 Touch right toe over left, step down on heel.
5-6 Step left to left, turn ¼ right, stepping on right.
7&8 Step forward left, right together, forward left. (3.00)

Sec 4: Rock recover, triple full turn right, rock recover, shuffle ½ turn left.

1-2 Rock forward right, recover to left.
3&4 Full turn right stepping right, left, right. (3.00)
5-6 Rock forward left, recover to right.
7&8 Turn ¼ left stepping left to left, right together, turn ¼ left, stepping forward left. (9.00)

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