

Shine Your Light

COPPERKNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Easy Improver
编舞者: Sebastiaan Holtland (NL) - May 2021
音乐: Shine Your Light (feat. Akon) - Master KG & David Guetta : (Single)



Introduction slow 16 counts, start approx 16 sec.

Part 1. [1-8] Syncopated Rocks R, L 1/4 Turn R, L Shuffle Back, Back Rock R.

1,2& Rock Rf fwd (1), Recover back onto Lf (2), Make 1/4 turn R (3.00) step Rf to R (&).
3,4 Rock Lf fwd (3), Recover back onto Rf (4).
5&6 Step Lf back (5), Step Rf beside Lf (&), Step Lf back (6).
7-8 Rock Rf back (7), Recover back onto Lf (8).

Part 2. [9-16] R Side, Behind, Side R, Fwd Rock L, L Shuffle Back, Back Rock R.

1,2& Step Rf to R (1), Step Lf behind Rf (2), Make 1/4 turn R (6.00) step Rf to R (&).
3,4 Rock Lf fwd (3), Recover back onto Rf (4).
5&6 Step Lf back (5), Step Rf beside Lf (&), Step Lf back (6).
7,8 Rock Rf back (7), Recover back onto Lf (8).

Part 3. [17-24] Syncopated Rocks R, L 1/4 Turn R, L Shuffle Back, Back Rock R.

1,2& Rock Rf fwd (1), Recover back onto Lf (2), Make 1/4 turn R (9.00) step Rf to R (&).
3,4 Rock Lf fwd (3), Recover back onto Rf (4).
5&6 Step Lf back (5), Step Rf beside Lf (&), Step Lf back (6).
7,8 Rock Rf back (7), Recover back onto Lf (8).

Part 4. [25-32] R Side, Behind, Side R, Fwd Rock L, L Shuffle Back, Back Rock R.

1,2& Step Rf to R (1), Step Lf behind Rf (2), Make 1/4 turn R (12.00) step Rf to R (&).
3,4 Rock Lf fwd (3), Recover back onto Rf (4).
5&6 Step Lf back (5), Step Rf beside Lf (&), Step Lf back (6).
7,8 Rock Rf back (7), Recover back onto Lf (8).

(NB: Restart here in wall 3 after 32 counts, after start again 12 o'clock).

Part 5. [33-40] 2x R Fwd, L Together, R Back, L Together (with Shimmy Shoulders).

1,4 Step Rf fwd (1), Step Lf beside Rf (2), Step Rf back (3), Step Lf beside Rf (4) (1-4 Shimmy Shoulders).
5,8 Step Rf fwd (5), Step Lf beside Rf (6), Step Rf back (7), Step Lf beside Rf (8) (5-8 Shimmy Shoulders).

Part 6. [41-48] Rocking Chair R, Cross Jazz Box 1/4 Turn R.

1,4 Rock Rf fwd (1), Recover back onto Rf (2), Rock Rf back (3), Recover back onto Lf (4).
5,8 Cross Rf across Lf (5), Make 1/4 turn (3.00) step Lf back (2), Step Rf to R (3), Step Lf fwd (8).

Part 7. [49-56] 2x Out Out R, L (with Shoulder Rolls R, L), R Back, L Together.

1,4 Step Rf out to R (1), Step Lf out to L (2) (1-2 Shoulder Rolls R, L), Step Rf back (3), Step Lf beside Rf (4).
5,8 Step Rf out to R (5), Step Lf out to L (6) (1-2 Shoulder Rolls R, L), Step Rf back (7), Step Lf beside Rf (8).

Part 8. [57-64] Rocking Chair R, 1/2 Pivot L, 1/4 Pivot L.

1,4 Rock Rf fwd (1), Recover back onto Rf (2), Rock Rf back (3), Recover back onto Lf (4).
5,8 Step Rf fwd (5), Pivot 1/2 turn L (9.00) over R (6), Step Rf fwd (7), Pivot 1/4 turn L (6.00) over R (8).

REPEAT THE DANCE AND HAVE FUN!!
