

Leave The Light

拍数: 64 墙数: 2
编舞者: Mathew Sinyard (UK) - May 2022
音乐: Coming Home - RIVER

级数: Phrased Intermediate



Intro: 16 Counts

Sequence: A, B, A, B, B, Tag, B, B, A, B, B

Dance A:

Section 1 Cross Hold, Cross Hold, Step Pivot ½, Step Pivot ½.

1 2 3 4 Step forward right slightly across left, hold, Step forward left slightly across right hold.
5 6 7 8 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left (ALT: Right rocking chair).

Section 2 Cross ¼, Side Hold, Cross ¼, ¼ Cross.

1 2 3 4 Cross right in front of left, ¼ turn right stepping back on left, step right to side, hold.
5 6 7 8 Cross left in front of right, ¼ turn left stepping back on right, ¼ turn left stepping left to side, cross right in front of left.

Section 3 Side Hold, Ball Side Touch, Side Behind, Shuffle 1/4.

1 2 & 3 4 Step left to side, hold, step ball of right beside left, step left to side, touch right beside left.
5 6 Step right to side, cross left behind right.
7 & 8 Step right to side, close left beside right, ¼ turn right stepping forward on right.

Section 4 Step Pivot ½, Shuffle Forward, Shuffle ½, Coaster Step.

1 2 Step forward on left, pivot ½ turn right.
3 & 4 Step forward on left, close right towards left, step forward left.
5 & 6 ¼ turn left stepping right to side, close left beside right, ¼ left stepping back on right.
7 & 8 Step back on left, step right beside left, step forward on left.

Dance B:

Section 1 Step Lock Ball Heel, Ball Heel, Ball Double Heel, Coaster Step.

1 2 & Step forward on right, lock left behind right, step on ball of right
3 & 4 Tap left heel forward, step ball of left beside right, tap right heel forward.
& 5 6 Step ball of right beside left, tap left heel forward twice.
7 & 8 Step back on left, step right beside left, step forward on left.

Section 2 Step Pivot 1/2, Shuffle Forward, Step Pivot ¾, Chassé.

1 2 Step forward on right, pivot ½ turn left.
3 & 4 Step forward on right, close left towards right, step forward on right.
5 6 Step forward on left, pivot ¾ turn right.
7 & 8 Step left to side, close right beside left, step left to left side.

Section 3 Back Rock, Kick Ball Cross, Point Ball Point, Ball Touch Kick.

1 2 Rock right behind left, recover on to left.
3 & 4 Kick right to right diagonal, step ball of right beside left, cross left in front of right.
5 & 6 Point right to side, step ball of right beside left, point left to side.
& 7 8 Step ball of left beside right, touch right beside left, kick right to right diagonal.

Section 4 Sailor Step, Sailor ¼, Step Pivot ½, Walk R L.

1 & 2 Cross right behind left, step left to side, step right to side.
3 & 4 Cross left behind right, ¼ turn left stepping back on right, step forward left.
5 6 Step forward on right, pivot ½ turn left.

7 8 Walk forward right, walk forward left (ALT: Full turn left).

Tag: Step Pivot $\frac{1}{4}$ (x2).

1 2 3 4 Step forward on right, pivot $\frac{1}{4}$ left, step forward on right, pivot $\frac{1}{4}$ left.

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