

Blinding Lights

拍数: 64 墙数: 4 级数: Phrased
编舞者: Wendy Lin (TW) - May 2022
音乐: Blinding Lights - The Weeknd



Intro: 6X8

S1. Toe Strut R, Cross Toe Strue, Rock , Recover, Cross, Hold

1-4 Touch RF To R Side, Step RF Heel Down, Cross Touch LF Over RF, Step LF Heel Down
5-8 Rock RF To R Side, Recover, Cross RF Over LF, Hold

S2. Toe Strut L, Cross Toe Strut, Rock , 1/4 Turn R, FWD, Hold

1-4 Touch LF To L Side, Step LF Heel Down, Cross Touch RF Over LF, Step RF Heel Down
5-8 Rock LF To L Side, Make 1/4 Turn R , Step LF FWD, Hold

S3. Swivel, Hold

1-4 R Swivel Both Heels – Toes – Heels – Hold
5-8 L Swivel Both Heels – Toes – Heels – Hold

S4. Twist 2 Hip Bumps R, Twist 2 Hip Bumps L, Hip Bumps(R.L.R.L)

1-4 Stepping R- 2 Hips Bumps R, 2 Hip Bumps L
5-8 4 Hip Bumps(R L R L)

S5. Cross, Point, Behind Cross, Point, Cross, Point, Touch, Point

1-4 Cross RF Over LF, Point LF Toe To L Side, Cross LF Behind RF, Point RF Toe To R Side
5-8 Cross RF Over LF, Point LF Toe To L Side, Together Touch, Point LF Toe To L Side

S6. Jazz Box 1/4 Turn L, Side, Hold, Behind, Recover

1-4 Cross step L over R, 1/4 turn L stepping back on R, step L to side, Cross
5-8 Step LF To Side, Hold, Cross R Behind L, Recover L

S7. Side, Touch, Side, Touch, Jump FWD, Hold & Clap, Jump Back, Hold & Clap

1-4 Step RF To R Side, Touch On LF, Step LF To L Side, Touch On RF
&5 6 Jump R FWD Out To R, Step L Out To L, Hold(Clap)
&7 8 Jump R Back, Close L To R, Hold(Clap)

S8. Rocking Chair , Poivt 1/2 L Turn

1-4 Rock RF FWD, Recover LF, Back Rock RF, Recover LF
5-8 Step RF FWD, Hold, 1/2 L Turn, Hold

Restart: On Wall 1. 4, After 32 Counts. Then Restaet

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