

Let It Shine

拍数: 32 墙数: 2 级数: Easy Improver - NC2S
编舞者: Sebastiaan Holtland (NL) - April 2023
音乐: Shine a Light (feat. RTÉ Concert Orchestra) - Michael English



Introduction: Slow 16 counts, start approx 16 sec.

Part 1. [1-8] Syncopated Weave R, L Step with Hitch R, Cross, Side, Back Rock R, ¼ Turn L, Back Rock L.

1,2& RF step right (1), LF Step behind RF (2), RF step right (&).
3 LF Step fwd and hitch R knee up (3).
4& RF Step across LF (4), LF step left (&).
5,6& RF rock back (5), LF recover (6), Make ¼ turn L (9.00) RF step back (&).
7,8 LF rock back (7), RF recover (8).

Part 2. [9-16] Syncopated Weave L with Step Sweep L, Cross, Side, Back Rock L, ¼ Turn R, Back Rock R.

1,2& LF step L (1), RF step behind LF (2), LF Step left (&).
3 RF step fwd and LF sweep from back to front (3).
4& LF step across RF (4), RF step right (&).
5,6& LF rock back (5), RF recover (6), Make ¼ turn R (12.00) LF step back (&).
7,8 RF rock back (7), LF recover back (8).

Part 3. [17-24] Basic Nightclub R, Big Step L, Back Rock R ¼ Turn L, Basic Nightclub R, L Side, R Touch Together.

1,2& RF step R (1), LF drag together RF (2), RF step across LF (&).
3,4& LF step big right (3), RF rock back (4), Make ¼ turn L (9.00) LF recover (&).
5,6& RF step right (5), LF drag together RF (6), RF step across LF (&).
7,8 LF step left (7), RF touch beside LF (8).

(Optional above counts 7, 8 : raise both hands and make a fist with both hands and pretend to show your muscles) (i'm strong).

Part 4. [25-32] R Side, L Together, R Press, R Sweep, R Small Step, L Sweep, L Replace, R Side Hip Bump, R Cross, L Step ¼ L.

1& RF step left (1), LF step beside RF (&).
2,3 RF press fwd (2), LF recover and sweep RF from front to back (3).
4,5 RF step slightly back and sweep LF from front to back (4), LF step back in place (5).
6& RF step right and bump R hip right (6), LF recover (&).
7,8 RF step across LF (7), Make ¼ turn L (6.00) LF step fwd (8).

(NB: Tags here after 32 counts, after start again).

*1st TAG: 2 hip sways R, L ending wall 1.

**2nd TAG: 4 hip sways R, L, R, L ending wall 2.

***3rd TAG: 2 hip sways R, L ending wall 3.

REPEAT THE DANCE AND HAVE FUN !!