

My Lighthouse

COPPER KNOB
BY STEPHENETS

拍数: 46 墙数: 2 级数: Improver
编舞者: Suzie Wong (UK) - September 2023
音乐: My Lighthouse - Rend Collective



Start at approx.. 6 seconds

SECTION 1: FORWARD WALK RIGHT, LEFT. FORWARD MAMBO STEP, WALK BACK LEFT, RIGHT. LEFT SAILOR STEP

1, 2 Right foot walk forward, left foot walk forward
3 & 4 Right forward step, left step back, right back together
5, 6 Walk back left then right
7 & 8 Cross Left foot behind right, step right to side, left to side

SECTION 2: DIAGONAL STEP-LOCK-STEPS TO RIGHT THEN LEFT. CROSS ROCK WITH A CHASSE TO RIGHT

1 & 2 Step Right to R diagonal, lock Left behind R, step Right foot forward
3 & 4 Step Left to L diagonal, lock Right behind L, step Left foot forward**
5, 6 Cross rock right over left, recover on left
7 & 8 Step right, left, right to Right side

SECTION 3: LEFT CROSS ROCK, CHASSE LEFT WITH ¼ LEFT TURN, HEEL & HEEL & HEEL, STOMP, STOMP

1, 2 Cross rock left over right, recover on right
3 & 4 Step left, right to left side, then turn 1/4 left with left foot
5 & 6 & 7 & 8 Dig right heel, left heel, right heel, stomp right foot then left

SECTION 4: RIGHT ROCK FORWARD, RECOVER. SHUFFLE BACK, LEFT ROCK BACK, RECOVER, WALK FORWARD WITH A POINT

1, 2 Step forward right, recover on left
3 & 4 Step right, left, right travelling backwards
5, 6 Back rock with left, recover on right
7, 8 Step forward on left, point right toe to right side

SECTION 5: WALK, POINT LEFT. JAZZ BOX WITH A TOUCH. SIDE TOUCH

1, 2 Step forward on right and point left toe to the side
3, 4 Cross left over right and step back on right foot
5, 6 Step left to side, touch right besides left
7, 8 Step right to side, touch left besides right

SECTION 6: STEP TOUCH, ¼ TURN TOUCH, STEP TOUCH

1, 2 Step left to side, touch right besides left
3, 4 Turn 1/4 left with right foot, touch left besides right
5, 6 Step left to side, touch right beside left

**WALLS 4 & 7

After lock steps... rock right over left, recover, chasse right. Rock left over right, recover, change to left foot and RESTART dance from beginning.

WALL 8 - Shout "Hey" (optional)

**WALL 9

After lock steps...rock right over left, recover on left, touch right beside left AND HOLD then RESTART dance from beginning.

Thank you to my granddaughter Darcy Atherton, for suggesting the music to this dance and to Pam Lythgoe for helping me to amend my script so it made sense.

Last Update: 31 Aug 2023
