

Let It Shine

拍数: 48 墙数: 2 级数: Improver
编舞者: Sue Langridge (UK) & Laurey Pollard (UK)
音乐: Shine - Take That



Laurey Pollard was age 9 when this dance was created

KICK & TRIPLE STEP

1-2 Kick right foot forward twice
3&4 Step in place right, left, right
5-6 Kick left foot forward twice
7&8 Step in place left, right, left

SIDE STEP, CLAP

9-10 Bending knees step right to right side, as you straighten up bring left beside right & clap
11-12 Repeat above steps
13-14 Touch left foot to left side stretching left arm out to left side with a finger click, bring left foot & arm back into place
15-16 Repeat above steps

SIDE STEP, CLAP

17-18 Bending knees step left to left side, as you straighten up bring right beside left & clap
19-20 Repeat above steps
21-22 Touch right foot to right side, stretching right arm out to right side with a finger click
23-24 Repeat above steps

KNEE POPS

25-26 Step forward on right foot lifting heel push knee forward for 2 counts
27-28 Step forward on left foot lifting heel push knee forward for 2 counts
29-30 Step back on left foot keeping weight on right, push right knee forward for 2 counts
31-32 Step back on right foot keeping weight on left, push left knee forward for 2 counts

ROCK STEP WITH ½ SHUFFLE TURN

33-34 Rock forward on right, rock back on left
35&36 Make a ½ turn to the right stepping right, left, right
37-38 Rock forward on left, rock back on right
39&40 Make a ½ turn left stepping left, right, left

MONTEREY ¼ TURNS

41-42 Touch right to right side, bring right back to place pivoting on left ¼ to right
45-44 Touch left to left side, bring left back in place
45-46 Touch right to right side, bring right back to place pivoting on left ¼ to right
47-48 Touch left to left side, bring left back to place

REPEAT