Shine On

级数: Intermediate

拍数: 32 编舞者: Lawrence Brown (UK)

音乐: Shine On - Jamie Shaw

HEEL SWITCHES, CROSS SHUFFLE, HEEL SWITCHES, CROSS SHUFFLE

- 1&2& Right heel forward, right in place, left heel forward, left in place
- 3&4 Cross right over left, left to side, cross right over left
- 5&6& Left heel forward, left in place, right heel forward, right in place
- 7&8 Cross left over right, right to side, cross left over right

QUARTER, HALF, COASTER, FULL TURN, SHUFFLE

- 1-2 Step right to side with 1/4 turn right, 1/2 turn to right stepping back on left
- 3&4 Step right back, left next to right, step right forward
- 5-6 Full turn left, right over left shoulder moving forward, over 2 counts
- 7&8 Step left forward, right next to left, step left forward

ROCK FORWARD, RECOVER, TRIPLE 1/2 TURN, SWEEP, TOUCH, CROSS SHUFFLE

- 1-2 Rock right forward, recover onto left
- 3&4 Triple ¹/₂ turn shuffle over right shoulder right-left-right
- 5-6 Sweep left leg around into 1/4 turn right, touch left across right
- 7&8 Cross left over right, right to side, cross left over right

SIDE ROCK, RECOVER, BEHIND, UNWIND, ROCK, RECOVER, COASTER

- 1-2 Rock right to side, recover onto left
- 3-4 Step right behind left, unwind ³/₄ turn over right shoulder
- 5-6 Rock left forward, recover onto right
- Step left back, right next to left, step left forward 7&8

REPEAT

TAG 1

After 3rd wall - facing 9:00

- Touch right toe to side, right in place, touch left toe to side, left in place 1&2&
- 3&4& Touch right heel forward, right in place, touch left toe behind, left in place

TAG 2

After 8th wall - facing front

- 1&2& Touch right toe to side, right in place, touch left toe to side, left in place
- 3&4& Touch right heel forward, right in place, touch left toe behind, left in place
- 5-6 Stomp right forward, hold (listen to music) (splay arms down and out)

"Shine on" Circle arms up and out when Jamie sings "Shine on" - you'll get it

FINISH

You'll be facing 9:00 wall, do 5,6 of Tag 2 (you can't miss it)





墙数:4