

Light Her Up

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Terry Mchugh (UK) - November 2010
音乐: Shine a Light - McFly



Intro: Start on main beat, (approx 9 seconds in).

Rock right to right side, recover on left, step right in front of left , tap left behind right, shuffle back, back rock.

1-2 rock out to right side' recover on left,
3-4 step right in front of left, tap left behind right
5&6 shuffle back, stepping left, right, left,
7-8 rock back on right, recover on left,

Weave left with heel dig, weave right with heel dig.

1-2 cross right over left, step left to left side,
3&4& cross left behind right, step left beside right, dig right heel diagonally fwd, step right beside left
5-6 cross left over right, step right to right side,
7&8& cross left behind right, step right beside left. dig left heel diagonally fwd, step left beside right

Cross rock right over left, recover on left, rock to right side, recover on left, walk fwd right, left, right, kick left fwd.

1-2 cross rock right over left, recover on left,
3-4 rock out to right side, recover on left,
5-6 walk fwd right and left
7-8 walk fwd on right, kick left fwd,

Step back on left toe, pivot 1/4 turn left, left sailor step, rocking chair.

1-2 short step back on left toe, pivot 1/4 turn left with both feet (weight on right)
3&4 cross left behind right, step right beside left, step left in place,
5-6 rock fwd on right, recover on left,
7-8 rock back on right, recover on left

Kick ball change, back rock, x2

1&2 kick right leg fwd, step right beside left step left in place,
3-4 rock back on right, recover on left
5-8 repeat steps 1&2 and 3-4,

Jazz box with 1/4 turn left x2

1-2 cross right over left, step back on left with 1/4 turn left
3-4 step right beside left, step left in place,
5-8 repeat steps 1-2 and 3-4

Step right fwd, lock left behind right, shuffle fwd, fwd rock, coaster step.

1-2 step fwd on right, lock left behind right,
3&4 shuffle fwd, stepping right, left, right,
5-6 rock fwd on left, recover on right,
7&8 step back on left, step right beside left, step fwd on left,

Cross rock right over left, chasse right, cross left over right, pivot 1/2 turn right, back rock.

1-2 cross rock right over left, recover on left,
3&4 chasse right, stepping right, left, right,
5-6 cross left over right, pivot 1/2 turn right,

