

Shine (P)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Intermediate Partner
编舞者: Ann Williams (UK) & Country Cousins - March 2011
音乐: Shine On - Jeff Carson : (CD: Real Life)



Start facing L.O.D. in Right Open Promenade position. (Holding inside hands) Same steps except where stated

Alt. Music: Hold Me In Your Arms - Brad Paisley. 126 bpm. CD "Mud On Your Tires"

Walk. Walk. Shuffle. Walk. Walk. Shuffle.

1-4 Walk forward stepping on left, right. Left shuffle forward.
5-8 Walk forward stepping on right, left. Right shuffle forward.

Walk. Walk. Shuffle. (Lady: ¼ Turn. ¼ Turn. Shuffle ½ Turn.)

9-12 Man: Small steps forward stepping on left, right. Left shuffle forward.
Lady: Step L fwd turning ¼ L. Turn ¼ L stepping back on R. Left shuffle turning ½ turn L.
Keep hold of joined hands and wrap around lady's waist, join mans left, lady's right in front of lady. Lady is now in Wrap position in front of man.

Step. Slide. Shuffle. Step. Slide. Shuffle.

13-16 Step right forward. Slide left beside right. Right shuffle forward.
17-20 Step left forward. Slide right beside left. Left shuffle forward.

Walk. Walk. (Lady: ¼ Turn. ¼) Triple Step In Place.

21-24 Man: Walk forward stepping on right, left. Triple step in place stepping on right, left, right.
Lady: Turn ¼ right stepping onto right. Turn ¼ right stepping back on left. Now facing R.L.O.D.
Triple step in place stepping on right, left, right.
Raise mans left, lady's right hands over lady's head to finish facing partner, arms spread.

Cross Rock. Recover. Triple Step. Cross Rock. Recover. Triple Step.

25-28 Step and cross rock L over R. Recover onto R. Triple step stepping on L-R-L moving slightly L.
29-32 Step and cross right over left. Step left back. Triple step in place stepping on R-L-R
Now offset right shoulder to right shoulder.

Step. ¼ Turn. Triple ¼ Turn.

33-36 Man: Step L fwd. Step R fwd turning ¼ turn L. Triple step ¼ turn L stepping on L-R-L.
Lady: Step L fwd. Step onto R turning ¼ turn R. Triple step ¼ turn R stepping on L-R-L.
Release R hand, raise L, man passes under raised arms, man facing RLOD. lady facing LOD.
Rejoin hands and spread arms .

Cross Rock. Recover. Triple Step. Cross Rock. Recover. Triple Step.

37-40 Step and cross rock R over L. Recover onto L. Triple step in place stepping on R-L-R.
41-44 Step and cross rock L over R. Recover onto R. Triple step stepping on L-R-L moving slightly to L.
Now offset right shoulder to right shoulder.

Step. Pivot. (Lady: Rock. Recover) Shuffle.

45-48 Man: Step right forward. Pivot ½ turn left. Right shuffle forward.
Lady: Step and rock back on right. Recover onto left. Right shuffle forward.
Release R hand raise L, man passes under raised arms to end facing LOD. holding inside hands.

Walk. Walk. (Lady: Cross. ½ Turn.) Shuffle. Walk. Walk. (Lady: Step Back. ½ Turn.) Shuffle.

49-52 Man: Walk forward stepping on left, right. Left shuffle forward.
Lady: Step and cross left over right. Turn ½ turn left stepping back on right. Left shuffle backwards.

Change hands, mans right to lady's left and raise over lady's head as lady passes across in front of man to change sides.

53-56 Man: Walk forward stepping on right, left. Right shuffle forward.

Lady: Step right back. Turn ½ turn left stepping left forward. Right shuffle forward.

Keep hands raised for lady's turn and lower to holding inside hands.

Step. Lock. Shuffle. Step. Brush Forward. Brush Back Across. Tap Toe.

57-60 Step left forward. Step and lock right behind left. Left shuffle forward.

61-64 Step right forward. Brush left forward. Brush left back and across right. Tap left toe to floor.

Happy Dancing

Contact: ronannwilliams@ntlworld.com - Tel. 023 9234 1758

July 2010
