

Lighthouse

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Improver
编舞者: A.A.J.D (UK) - May 2014
音乐: Lighthouse - Lucy Spraggan



Start with weight on the left foot

Walk, Walk, Kick Ball Change, Rock, 1/2 Shuffle

1,2 Step right foot forward, Step left foot forward.
3 & 4 Kick right foot forward, Step right foot in place, Step left foot next to right.
5,6 Rock forward on the right, Recover onto left.
7 & 8 1/4 right stepping back right, Step left next to right, 1/4 stepping forward right.

1/2 Shuffle, Coaster, Cross Rock, Side, Cross Rock, 1/4

1 & 2 1/4 right stepping left to left side, Step right next to left, 1/4 right stepping back left.
3 & 4 Step back right, Step left next to right, Step forward right.
5 & 6 Cross rock left over right, Recover on to right, Step left to left side.
7 & 8 Cross rock right over left, Recover on to left, 1/4 right stepping right.

Walk, Walk, Kick Ball Change, Rock, Recover, 1/4 Shuffle

1,2 Step left foot forward, Step right foot forward.
3 & 4 Kick left foot forward, Step left foot in place, Step right foot next to left.
5,6 Rock forward on the left, Recover onto right.
7 & 8 1/4 stepping left to left side, Step right next to left, Step left to left side.

Cross Rock, Side Rock, Behind, Side, Cross, Cross Rock, Side Rock, 1/2 Sailor

1 & Cross rock right over left, Recover onto left.
2 & Rock right to right side, Recover onto left.
3 & 4 Cross right behind left, Step left to left side, Cross right over left.
5 & Cross rock left over right, Recover onto right.
6 & Rock left to left side, Recover onto right.
7 & 8 Cross step left behind right, 1/4 left stepping right in place, 1/4 left stepping left to left side.

Step Pivot 1/2, 1/2 Shuffle, 1/4 Sailor, Rock, 1/2

1,2 Step right foot forward, Pivot 1/2 left.
3 & 4 1/4 left stepping right, Step left next to right, 1/4 stepping back right.
5 & 6 Cross left behind right, 1/4 left stepping right next to left, Step left forward.
7 & 8 Rock forward on the right, Recover onto left, 1/2 right stepping forward right.

Left Lock, Right Lock, Side Shuffle 1/4, Side Shuffle 1/4

1 & 2 Step left foot forward, Lock right behind left, Step left foot forward.
3 & 4 Step right foot forward, Lock left behind right, Step right foot forward.
5 & 6 Step left to left side, Step right next to left, 1/4 left stepping left forward.
7 & 8 Step right to right side, Step left next to right, 1/4 left stepping right back.

Side Shuffle 1/4, Side Shuffle, 1/2 Sailor, Right Shuffle

1 & 2 Step left to left side, Step right next to left, 1/4 left stepping left forward.
3 & 4 Step right to right side, Step left next to right, Step right to right side.
5 & 6 Cross step left behind right, 1/4 left stepping right in place, 1/4 left stepping left to left side.
7 & 8 Step forward right, Step left next to right, Step forward right.

Mambo Forward, Coaster Back, Rock, Recover, 3/4 Turn

1 & 2 Step left forward, Step right next to left, Step back on left.
3 & 4 Step back right, Step left together, Step forward right.
5,6 Rock left foot forward, Recover onto right.
7 & 8 3/4 turn stepping left right left.

Restart on 2nd wall after 32 counts.

End dance on wall 6, do the first 18 counts, then rock 3/4 to the front.

Smile & Enjoy
