

Light On

COPPER KNOB
BY STEPHEN

拍数: 34 墙数: 2 级数: Intermediate NC2
编舞者: Debbie McLaughlin (UK) - April 2014
音乐: Light On - Rebecca Ferguson : (Album: Freedom - Bonus Track)



Count in: After 4 counts

SIDE BACK ROCK, ¼ TURN SWEEP, CROSS BACK ½ TURN, STEP ½ TURN ¼ TURN BACK ROCK

1 2& Step L to L side, Rock R behind L, Recover onto R
3 4& Make ¼ turn R stepping R forward and sweeping L around, Cross L over R, Step R back
5 6& Make ½ turn L stepping L forward, Step R forward, Make ½ turn R stepping L back
7 8& Make ¼ turn R stepping R to R side, Rock L behind R, Recover forward onto R

SIDE, CROSS ROCK SIDE ROCK BACK ROCK, SIDE BACK ROCK ¼ TURN, ½ TURN RUN RUN

1 2& Step L big step to L side, Cross rock R over L, Recover onto L
3&4& Rock R out to R side, Recover onto L, Rock R behind L, Recover onto L
5 6& Step R big step to R side, Rock L behind R, Recover onto R
7 8& Make ¼ turn R stepping back on L, Make ½ turn R stepping R forward, Step L forward

SWEEP, CROSS SIDE BEHIND, BEHIND ¼ TURN STEP, FULL TURN ROCK RECOVER

1 2& Step R forward and sweep L around, Cross L over R, Step R to R side
3 4& Cross L behind R and sweep R around, Cross R behind L, make ¼ turn L stepping L forward
5 6& Step R forward (prep for full turn R), Make ½ turn R stepping L back, Make ½ turn R stepping R forward
7 8 Rock forward on L, Recover back onto R

¼ TURN SWAY SWAY TOGETHER

1 2& Make ¼ turn L and sway L to L side, Sway to R, Step L beside R

WALK WALK STEP ½ TURN ¼ SWEEP, CROSS ROCK RECOVER, CROSS ¼ TURN ¼ TURN CROSS

1 2 Walk forward R, Walk forward L (Cross over slightly on the walks)
3 4& Step R forward, Pivot ½ turn L taking weight forward onto L, Make ¼ L sweeping R around
5 6& Cross R over L, Rock L out to L side, Recover onto R
7&8& Cross L over R, Make ¼ turn L stepping back on R, Make ¼ turn L stepping L to L side, Cross R over L

Contact: debmcwotzit@gmail.com