

Light Up, Light Up

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2
編舞者: Noel Roos (SA) - February 2015
音樂: Run - Leona Lewis

級數: Intermediate NC



SECTION 1: BASIC NC RIGHT WITH ¼ TURN L, 1 AND ½ TURN ROLLING VINE, SWEEP, BEHIND SIDE CROSS, LUNGE

1-2&3 Step R To Side, Rock Back On L, Step R Over L, ¼ Turn Left Stepping Forward On L
4&5 ½ Turn Left Stepping Back On R, ½ Turn Left Stepping Forward On L, ½ Turn Left Stepping Back On R And Sweeping L From Front To Back (3 O'clock)
6&7 Step L Behind R, Step R To Right Side, Step L Over R
8 Lunge R To Right Side

SECTION 2: ¼ TURN LEFT, WALK, WALK, ROCK, RECOVER, RONDE X3, ROCK, RECOVER

1-3 ¼ Turn Left Stepping On L, Walk Forward R, L (12 O'clock)
4& Rock Forward R, Recover
5-7 Step Back On R Sweep L, Step Back On Left Sweep R, Step Back On R Sweep L
8& Rock Back L, Recover

SECTION 3: DIAGONAL MODIFIED RUMBA BOX X2, STEP, ROCK, RECOVER, POINT BACK, ½ TURN RIGHT

1-2& Step L Diagonally Forward Towards 10:30 And Body Facing 1:30, Step R Beside L, Step Forward On L
3-4& Step R Diagonally Forward Towards 1:30 And Body Facing 10:30, Step L Beside R, Step Forward On Right
5-6& Step Forward On L Facing 10:30, Rock Forward R, Recover
7-8 Point R Back, ½ Right Taking Weight On R (6 O'clock)

SECTION 4: MONTEREY FULL TURN, CROSS, SWAY X 3, ROLLING VINE

1-4 Point L To Side, Step L Beside Right Making A Full Turn Left, Point R To Side, Cross R Over L
5-7 Step L To Side Swaying Left, Right, Left
8& ¼ Turn Right Stepping Forward On R, ¾ Turn Right Stepping L Beside R (6 O'clock)

ENJOY AND START AGAIN...

THIS DANCE IS DEDICATED TO JEAN SCHMIDT...

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