

The Light

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK) - July 2015
音樂: The Light - Adam Lambert : (Album: The Original High - Deluxe Version - iTunes)



#16 Count Intro. Approx 08 seconds.

\$1: Step Reverse ½ Turn, Coaster Step, Step Reverse ½ Turn, Sailor ¼ Cross.

1,2 Step forward on R, make a reverse ½ turn R stepping back on L.
3&4 Step back on R, step L beside R, step forward on R.
5,6 Step forward on L, make a reverse ½ turn L stepping back on R.
7&8 Making a ¼ turn L step L behind R step R to R side, cross L over R. (9 o'clock)

\$2: Hinge ½ Turn, Cross & Heel, Ball Cross Side, Behind & Heel.

1,2 Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.
3&4 Cross R over L, step L to L side, extend R heel to R diagonal.
&5,6 Step R beside L, cross L over R, step R to R side.
7&8 Step L behind R, step R to R side, extend L heel to L diagonal. (3 o'clock)

\$3: Ball Cross Rock, Side Shuffle, Cross Rock, Shuffle ¼ Turn.

&1,2 Step L beside R, cross rock R over L, recover weight to L.
3&4 Step R to R side, close L beside R, step R to R side.
5,6 Cross rock L over R, recover weight to R.
7&8 Step L to L side, close R beside L, make a ¼ turn L stepping forward on L. (12 o'clock)

\$4: Step ½ Turn, Shuffle Forward, Full Turn, Shuffle Forward.

1,2 Step forward on R, make a ½ turn L.
3&4 Shuffle forward stepping R, L, R.
5,6 Travelling forward make a full turn R stepping back on L, stepping forward on R.
(Alternative steps; walk forward L, R).
7&8 Shuffle forward stepping L, R, L. (6 o'clock)

\$5: Rock Recover, Back Touch, Back Touch, Out Out Ball Cross, Rock ¼ Turn.

1,2 Rock forward on R, recover weight to L.
&3&4 Step back on R, touch L beside R, step back on L, touch R beside L.
&5&6 Step out R, Step out L, step R beside L, cross L over R.
7,8 Rock R to R side, recover making a ¼ turn L. (3 o'clock)

\$6: Step ¼ Point, & Point Ball Cross, Side Rock, Behind Side Cross.

1,2 Step forward on R, on ball of R make a ¼ turn R pointing L toe to L side.
&3&4 Step L beside R, point R toe to R side, step R beside L, cross L over R.
5,6 Rock R to R side, recover weight to L.
7&8 Step R behind L, step L to L side, cross R over L. (6 o'clock)

\$7: Reverse Full Turn, Cross Side, Sailor Step.

1,2 Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R.
3,4 Step forward on L, make a ¼ turn R (weight on R).
(Alternative steps; step L to L side, cross R behind L, rock L to L side, recover weight to R).
5,6 Cross L over R, step R to R side.
7&8 Cross step L behind R, step R to R side, step L to L side. (6 o'clock)

\$8: Cross Unwind, Kick Ball Change, Rock Step, Shuffle ½ Turn.

1,2 Cross step R behind L, unwind a ½ turn R (weight on R).

3&4 Kick L forward, step L beside R, step forward on R.
5,6 Rock forward on L, recover weight to R.
7&8 Make a ½ turn L shuffling forward L, R, L. (6 o'clock)

Begin Again
