

Shine

拍數: 64 牆數: 2 級數:
編舞者: M.T. Groove (UK) - November 2015
音樂: Shine - Years & Years



Start on vocals

S1: CROSS POINT, HITCH ½ SIDE STEP, BALL CROSS PREP, SPIN.

1-2-3-4 Cross L over R, Point R to R side, Hitch R as you ½ turn and rock R to R side, Recover L (6.00)
&5-6 Step on ball of R next to L, Cross L over R, Step R to side – PREP (6.00)
7-8 Spin 1½ turns L on L foot, touch R next to L. (12.00)

S2: SIDE ROCK & CROSS, SIDE ROCK & STEP FWD, WALK WALK, BALL CROSS, ½ TURN COASTER.

1&2-3&4 Rock R to R side, Recover L, Cross R over L, Rock L to L side, Recover R, Step fwd L
5-6 Walk fwd R, L.
&7 Step ball of R next to L, Angle to L diagonal as you cross L over R.
8&1 Make a ½ turn L stepping back on R into a R coaster step. (6.00)

*Restart during wall 3 – replace counts &7-8&1 as follows:

7-8& Walk fwd R, Rock L to L side, Recover R, restart dance from beginning.....

S3: HEEL OUT IN, WALK TOUCH X2, CHASE ½ TURN.

&2 Turn R heel out, Return heel back in place with weight on R,
3-4-5-6 Step fwd L, Touch R next to L, Step fwd R, touch L next to R
7&8 Step fwd L, Pivot ½ turn R, Step fwd L. (12.00)

S4: WALK R,L, BALL STEP SIDE/PREP, TORQUE, ¼ ½ TURN, ¼ SIDE ROCK & CROSS.

1-2 Walk R, L,
&3-4 Step R next to L, Step fwd L, Step R to R side/prep.
5-6-7 Torque/twist upper body to R diagonal, ¼ turn L step fwd L, ½ turn L step back R
8&1 ¼ L as you rock L to L side, Recover R, Cross L over R (12.00).

S5: FULL TURN DIAMOND.

2&3 Make 1/8th turn L stepping back R,L,R
4&5 Make ¼ turn L step fwd L, R, Cross L over R squaring up to 6 o'clock
6&7 Make ¼ turn L step back R,L,R, (3.00)
8&1 Make ¼ turn L step fwd L,R,L, (12.00)

S6: WALK R,L, FWD MAMBO, CROSS BACK SIDE, ROCK & CROSS.

2-3 Walk fwd R,L,
4&5 Rock fwd on R, Recover L, Step back on R,
6-7 Cross L over R, Step back on R.
8&1 Rock L to L side, Recover on R, Cross L over R

S7: FULL TURN DIAMOND.

2&3 Make 1/8th turn L stepping back R,L,R
4&5 Make ¼ turn L step fwd L, R, Cross L over R squaring up to 6 o'clock
6&7 Make ¼ turn L step back R,L,R, (3.00)
8&1 Make ¼ turn L step fwd L,R,L, (12.00)

S8: STEP ½ SPIRAL STEP BACK, WALK L,R, SIDE ROCK &.

2-3-4-5 Walk fwd R, L, With R foot off floor, spiral ½ turn R on L foot, Step back R (6.00)
6-7 Walk L, R,

8& Rock L to L side, Recover R. (6.00)

Start over and Shine!

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