

# Shine A Light (zh)

COPPER KNOB  
STYLEDANCE

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Shaz Walton (UK) - 2010年12月  
音樂: Shine A Light - McFly & Taio Cruz



前奏 : Start the dance 4 counts before vocals (16 counts)

## 第一段 Side. Cross rock. Recover. Coaster step. Forward rock. Recover. Shuffle forward.

- 1-2-3 Step right to right side. Cross rock left over right. Recover on right.  
右足右踏, 左足於右足前交叉下沉, 右足回復
- 4&5 Step back left. Step back right. Step forward left.  
左足後踏, 右足後踏, 左足前踏
- 6-7 Rock forward right. Recover left.  
右足前下沉, 左足回復
- 8&1 Step forward right. Step left beside right. Step forward right.  
右足前踏, 左足併踏, 右足前踏

## 第二段 Rock. Recover. Shuffle ½. Shuffle ½. Coaster step.

- 2-3 Rock forward left. Recover right.  
左足前下沉, 右足回復
- 4&5 Shuffle ½ turn left stepping L-R-L  
左180度轉交換-左, 右, 左
- 6&7 Shuffle ½ turn left, stepping R-L-R  
左180度轉交換-右, 左, 右
- 8&1 Step back left. Step back right. Step forward left.  
左足後踏, 右足後踏, 左足前踏

**Restart 1.** Wall 2- section 2 – step forward on left for count 8. Restart the dance facing the back wall. 第二面牆跳至止, 面向後面牆, 從頭起跳

## 第三段 Hold. Ball step. Hold. Ball. Rock. Recover. Coaster step.

- 2&3 Hold. Step right beside left. Step forward left.  
候, 右足併踏, 左足前踏
- 4&5-6 Hold. Step right beside left. rock forward left . Recover on right.  
候, 右足併踏, 左足前下沉, 右足回復
- 7&8 Step back left. Step back right. Step forward left.  
左足後踏, 右足後踏, 左足前踏

## 第四段 Scuff. Hitch. Step. Coaster step. Scuff. Hitch. Step. Touch. ¼ left.

- 1&2 Scuff right forward. Hitch right slightly up. Step right back.  
右足前擦踢, 右足略抬, 右足後踏
- 3&4 Step left back. Step right back. Step left forward.  
左足後踏, 右足後踏, 左足前踏
- 5&6 Scuff right forward. Hitch right slightly up. Step right back.  
右足前擦踢, 右足略抬, 右足後踏
- 7-8 Touch left behind. Make ¼ left dropping weight on left.  
左足後點, 左轉90度重心在左足

## 第五段 Cross rock. Recover. Chasse right. Cross rock. Recover. ¾ turn left.

- 1-2 Cross rock right over left. Recover on left.  
右足於左足前交叉下沉, 左足回復

- 3&4 Step right to right. Step left beside right. Step right to right.  
右足右踏, 左足併踏, 右足右踏
- 5-6 Cross rock left over right. Recover on right.  
左足於右足前交叉下沉, 右足回復
- 7-8 Make  $\frac{1}{4}$  left stepping left forward. Make  $\frac{1}{2}$  left stepping right back  
左轉90度左足前踏, 左轉180度右足後踏

**第六段  $\frac{1}{4}$  Side. Drag. Ball cross side. Side drag. Ball cross side.**

- 1-2 Make  $\frac{1}{4}$  left taking a big step left. drag right to left.  
左轉90度左足左一大步, 右足拖併
- &3-4 Step right beside left. cross step left over right. Step right to right.  
右足併踏, 左足於右足前交叉踏, 右足右踏
- 5-6 Make a big step left. drag right to left.  
左足左一大步, 右足拖併
- &7-8 Step right beside left. cross step left over right. Step right to right side. 右足併踏, 左足於右足前交叉踏, 右足右踏

\*restart 2. Wall 4- see below\* 第四面牆跳至此, 請看最後說明部份

**第七段  $\frac{1}{4}$ . Hold. Ball step hold. Ball. Rock. Recover. Sailor  $\frac{1}{4}$  left.**

- 1-2 Make  $\frac{1}{4}$  left stepping left forward. Hold.  
左轉90度左足前踏, 候
- &3-4 Step right beside left. Step forward left. Hold.  
右足併踏, 左足前踏, 候
- &5-6 Step right beside left. Rock forward left. Recover right.  
右足併踏, 左足前下沉, 右足回復
- 7&8 Sailor  $\frac{1}{4}$  turn left. 左90度轉水手

**第八段 Rock. Recover. Full triple right. Rock. Recover.  $\frac{3}{4}$  triple left.**

- 1-2 Rock forward right. Recover left.  
右足前下沉, 左足回復
- 3&4 Make a full triple turn right, stepping R-L-R  
三步右轉圈-右, 左, 右
- 5-6 Rock forward left. Recover right.  
左足前下沉, 右足回復
- 7&8 Make  $\frac{3}{4}$  triple turn left stepping L-R-L  
三步左轉270度-左, 右, 左

**Restart 2. Wall 4 – section 6 - dance the following ;**  
第四面牆的第六段, 改跳下面舞步後, 從頭起跳

**$\frac{1}{4}$  Side. Drag. Ball cross side. Side drag. Ball cross  $\frac{1}{4}$  right.**

- 1-2 make  $\frac{1}{4}$  left taking a big step left. drag right to left.  
左轉90度左足左一大步, 右足拖併
- &3-4 step right beside left. cross step left over right. Step right to right.  
右足併踏, 左足於右足前交叉踏, 右足右踏
- 5-6 make a big step left. drag right to left.  
左足左一大步, 右足拖併
- &7-8 step right beside left. cross step left over right starting to make  $\frac{1}{4}$  right. Complete  $\frac{1}{4}$  right touching right next to left – restart the dance facing the front.  
右足併踏, 左足於右足前交叉踏, 右轉90度右足併點(面向前面牆, 從頭起跳)