

Lights Come On

COPPER KNOB
STEPSHEETS

拍數: 72 牆數: 0 級數: Phrased Improver
編舞者: Ilona Tessmer-Willis (USA) - March 2017
音樂: Lights Come On - Jason Aldean



Intro: 32 cts

A Pattern: 24 counts

(1-8) R STEP FORWARD, HOLD, L STEP FORWARD, HOLD, R HEEL PUMP 2X, R STOMP, L STOMP

1-2 R Step Forward, Hold
3-4 L Step Forward, Hold
5-6 R Heel Pump 2x
7-8 R Stomp, L Stomp

(9-16) R STEP FORWARD, HOLD, L STEP FORWARD, HOLD, R HEEL PUMP 2X, R STOMP, L STOMP

9-10 R Step Forward, Hold
11-12 L Step Forward, Hold
13-14 R Heel Pump 2x
15-16 R Stomp, L Stomp

(17-24) L 1/2 PIVOT TURN, R STEP FORWARD, L CLOSE, 2 R KNEE-BEND SWIVEL

17-18 R Step Forward, L 1/2 Turn: Pivot on Ball of both Feet (look over left shoulder)
19-20 R Step forward, L Close next to R
21-22 R Knee Bend Swivel In (bend R Knee toward L as ball of foot remains in contact with floor),
Swivel out to Right (on ball of foot)
23-24 R Knee Bend Swivel In, Out (weight on left)

B Pattern: 32 counts

(25-32) R DIAGONAL FORWARD STEP TOGETHER STEP, L TAP, L DIAGONAL FORWARD STEP TOGETHER STEP, R TAP

25-26 R Step Diagonal Forward, L Close
26-28 R Step Diagonal Forward, Hold (weight on right)
29-30 L Step Diagonal Forward, L Close
31-32 L Step Diagonal Forward, Hold (weight on left)

(33-40) L 1/2 CHASE TURN, HOLD, R FULL TURN, HOLD (OPTION TO FULL TURN: WALK FORWARD L R L HOLD)

33-34 R Step Forward, Turn 1/2 Left shift weight to L
35-36 R Step Forward, Hold (weight on right)
37-38 1 /4 R: L Step Back, 1/2 R Turn: R Step Forward
39-40 1 /4 R Turn: L Step, Hold (weight on left)

(41- 48) R SIDE STEP TOGETHER STEP, HOLD, L ROCK BACK 2X

41-42 R Step to Right Side, L Step next to R
43-44 R Step to Right Side, Hold
45-46 L Rock Back, R Recover
47-48 L Rock Back, R Recover (weight on right)

(49-56) L SIDE STEP TOGETHER STEP HOLD, R ROCK BACK 2X

49-50 L Step to Left Side, R Step next to L
51-52 L Step to Left Side, Hold
53-54 R Rock Back, L Recover
55-56 R Rock Back, L Recover (weight on left)

C Pattern: 16 counts

(57-64) R STEP, L LOCK, R STEP, L LOCK, R STEP, L CLOSE, L HIP BUMP 2X

***** (OPTION: R FULL TURN WHEN C PATTERN IS DANCED 2X FOR 32 COUNTS, SEE PATTERN LINE-UP BELOW) *****

57-58 R Step Forward, L Step (ball of foot) behind R Heel
59-60 R Step Forward, L Step (ball of foot) behind R Heel
61-62 R Step Forward, L Close
63-64 L Hip Bump 2x (weight on left)

(65-72) R STEP, L LOCK, R STEP, L LOCK, R STEP, L CLOSE, L HIP BUMP R, L

65-66 R Step Forward, L Step (ball of foot) behind R Heel
67-68 R Step Forward, L Step (ball of foot) behind R Heel
69-70 R Step Forward, L Close
70-72 R Hip Bump, L Hip Bump (weight on left)

***** OPTION: R Full Turn when C Pattern is danced 2x (32 counts total)**

Turn 1/4 R Step forward facing 9:00(1), L Lock (2), R Step (3), Lock (4), Step (5), Close (6), 2 L Hip Bumps (7, 8); turn 1/4 face 6:00 for next 8 counts, turn 1/4 face 3:00 for next 8 counts, turn 1/4 face 12:00 for last 8 counts (weight on left), option taken in video demo.

Pattern: AB AB BC BA BB BC CA BB BC

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