

Light Em Up

拍數: 128 牆數: 1 級數: Intermediate
編舞者: Billie Timmerman (USA) & Heather Jacobson (USA) - October 2016
音樂: My Songs Know What You Did In the Dark (Light Em Up) - Fall Out Boy



Music found: iTunes.com

Phrased: A: 16 count B: 80 count C: 32 count

No Restarts, 1 Tag/ 16 Count Intro

Phrasing: A, A, B, C, A, A, B, C, A, A, A, Tag, C, A, A, A

A1: Out, Cross, Turn, Out, Cross, Turn

1-2 Jump both feet out (1), Jump crossing R in front of L (2)
3-4 Unwind ½ turn to left (3) (6:00), hold (4)
5-6 Jump both feet out (5), Jump crossing R in front of L (6)
7-8 Unwind ½ turn left (7), Hold (8) (12:00)

(Low intensity: instead of jumping you can touch with right)

A2: Out, Cross, Turn, Hip Bump x2

1-2 Jump both feet out (1), Jump crossing R in front of L (2)
3-4 Unwind full turn to left (3) (4) Hold on 4 if need (12:00)
5-6 Bump hip to right (5), Bump hip to right (6)
7-8 Bump hip to left (7), Bump hip to left (8)

B1: Step forward, Step Forward, Hand forward, Hand Forward, Hand up, Hand Down, Lean, flick.

1-2 Step R forward (1), Step L forward (2)
3-4 Crossing your body R hand to left (3), Crossing over R with L to right (4)
5-6 Punch R hand up (5), Bring hand down to side (6)
7-8 Lean body, hand and knee diagonally to right (7) (1:00), ¼ turn to left flick foot to left (8) (9:00)

B2: Walk, Walk, Stomp, Stomp, Lean out, in, Punch x2

1-2 Step R forward (1), Step L forward (2)
3-4 Stomp R forward (3), Stomp L forward (4)
5-6 Lean body, R hand and Knee diagonally to right (5) (11:00), Bring back center (6) (9:00)
7-8 Punch R hand Up (7), Punch R hand Up (8)

B3: Vine, Turn, Vine, Turn

1-2 Step R to right (1), Step L behind R (2)
3-4 Step R to right (prepping step) (3), Full turn to right (4) (9:00)
5-6 Step L to left (5), Step R behind L (6)
7-8 Step L to left (7), Full turn to left (8) (9:00)

B4: Rock, Recover, Turn, Rock, Recover, Hold

1-2 Rock R forward (1), Recover (2)
3-4 ¼ turn to right stepping R next to L (3) (12:00), Hold (4)
5-6 Rock L forward (5), Recover (6)
7-8 Step L next to R (7), Hold (8)

B5: Box Step, Swivel, Swivel

1-2 Cross L in front of R (1), Step R back (2)
3-4 Step L to left (3), Step R next to L (4)
5-6 Weight on ball of L and heel of R, Swivel heels to left, toes to right (5), Back center (6)

7-8 Weight on ball of R and heel of L, Swivel heels to right, toes to left (7), Back center (8)

B6: Box Step, Swivel, Swivel

1-2 Cross R in front of L (1), Step L back (2)

3-4 Step R to right (3), Step L next to R (4)

5-6 Weight on ball of L and heel of R, Swivel heels to left, toes to right (5), Back center (6)

7-8 Weight on ball of R and heel of L, Swivel heels to right, toes to left (7), Back center (8)

B7: Vine, Behind Kick, Vine Behind Kick

1-2 Step R to right (1), Step L behind R (2)

3&4 Step R to right (3), Kick L behind R crossing at knee (4)

5-6 Step L to left (5), Step R behind L (6)

7&8 Step L to left (7), Kick R behind L crossing at knee (8)

B8: Lean, Lean, Lean, Lean, Body Roll, Body Roll

1-2 (plant your feet slightly wider than shoulder width apart, bending both knees) Lean shoulders right R hand out to right (1), Lean shoulder to left L hand out to left (2)

3-4 Lean shoulders to right R hand out right (3), Lean shoulders to left L hand out to left (4)

5-6 Body Roll starting with shoulders (5), down to hips (6)

7-8 Body Roll starting with shoulders (7), down to hips (8)

B9: Glide, (Hands up and Down), Glide (Hands up and Down)

1-2 Glide R back and diagonally to right, floating hands up to shoulder height- R hand back, L hand forward kinda like you're surfing (1-2)

3-4 Step L next to R (3), floating hands down next to hips (4)

5-6 Glide L back and diagonally to left, Floating hands up to shoulder height- R hand forward, L hand back (5-6)

7-8 Step R next to L (7), Floating hands down next to hips (8)

B10: Step Touch x 4

1-2 Step R to right and slightly forward (1), Touch L next to R (2)

3-4 Step L to left and slightly forward (3), Touch R next to L (4)

5-6 Step R to right and slightly forward (5), Touch L next to L (6)

7-8 Step L to left and slightly forward (7), Step R next to L (8)

C1: Hop, Hop, Hop, Hold, Hop, Hop, hop, hold

1-4 (Palms down flat hands/both arms out to left starting at shoulders and slightly angling up with each hop) Hop slightly to right (1) Hop slightly to right (2), Hop slightly to right (3), Hold (4)

5-8 (Palms down flat hands/both arms out to right starting at shoulder and slightly angling up with each hop) Hop slightly to left (5) Hop slightly to left (6), Hop slightly to left (7), Hold (8)

C2: Hop, Hop, Hop, Hold. Bend Knees, Spirit Finger

1-4 (Palms down flat hands/ both arms out to left starting at shoulders and slightly angling up with each hop) Hop slightly to right (1) Hop slightly to right (2), Hop slightly to right (3), Hold (4)

5-8 Step R to right bending both knees (5) Spirit fingers (6) (7) Step R next to L (8)

C3: Hop, Hop, Hop, Hold, Hop, Hop, hop, hold

1-4 (Palms down flat hands/both arms out to left starting at shoulders and slightly angling up with each hop) Hop slightly to right (1) Hop slightly to right (2), Hop slightly to right (3), Hold (4)

5-8 (Palms down flat hands/both arms out to right starting at shoulder and slightly angling up with each hop) Hop slightly to left (5) Hop slightly to left (6), Hop slightly to left (7), Hold (8)

C4: Hop, Hop, Hop, Hold. Bend Knees, Spirit Fingers

1-4 (Palms down flat hands/both arms out to left starting at shoulders and slightly angling up with each hop) Hop slightly to right (1) Hop slightly to right (2), Hop slightly to right (3), Hold (4)

5-8 Step R to right bending both knees (5) Spirit fingers (6) (7) Step R next to L (8)

Tag S1: Glide, (Hands up and Down), Glide (Hands up and Down)

- 1-2 Glide R back and diagonally to right, floating hands up to shoulder height- R hand back, L hand forward kinda like you're surfing (1-2)
- 3-4 Step L next to R (3), floating hands down next to hips (4)
- 5-6 Glide L back and diagonally to left, Floating hands up to shoulder height- R hand forward, L hand back (5-6)
- 7-8 Step R next to L (7), Floating hands down next to hips (8)

Tag S2: Step Touch x 4

- 1-2 Step R to right and slightly forward (1), Touch L next to R (2)
- 3-4 Step L to left and slightly forward(3), Touch R next to L (4)
- 5-6 Step R to right and slightly forward(5), Touch L next to L (6)
- 7-8 Step L to left and slightly forward (7), Step R next to L (8)

Tag S3: Glide, (Hands up and Down), Glide (Hands up and Down)

- 1-2 Glide R back and diagonally to right, floating hands up to shoulder height- R hand back, L hand forward kinda like you're surfing (1-2)
- 3-4 Step L next to R (3), floating hands down next to hips (4)
- 5-6 Glide L back and diagonally to left, Floating hands up to shoulder height- R hand forward, L hand back (5-6)
- 7&8 Step R next to L (7), Floating hands down next to hips (8)

Tag S4: Step Touch x 4

- 1-2 Step R to right and slightly forward (1), Touch L next to R (2)
- 3-4 Step L to left and slightly forward(3), Touch R next to L (4)
- 5-6 Step R to right and slightly forward(5), Touch L next to L (6)
- 7-8 Step L to left and slightly forward (7), Step R next to L (8)

Tag S5: Out, Cross, Turn

- 1-2 Jump both feet out (1), Jump crossing R in front of L (2)
- 3-4 Unwind full turn to left(3)(4) (12:00) (if need to hold on 4)

***You can watch videos for different variations for lower intensity**

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