

Lighthouse

拍數: 56 牆數: 4 級數: Intermediate
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音樂: Lighthouse - The Waifs : (Album: Up All Night - iTunes - 3:22)



Start: 16 Count intro once guitar starts (on lyrics), Weight on left foot - Clockwise Rotation

[1 – 8] Charleston, Charleston

1 2 Sweep R toe out and forward to touch in front, Sweep R toe out and step back on R
3 4 Sweep L out and back to touch back, Sweep L toe out and step forward on L
5 6 Sweep R toe out and forward to touch in front, Sweep R toe out and step back on R
7 8 Sweep L out and back to touch back, Sweep L toe out and step forward on L

[9 – 16] Weave, Side, Rock, Across, Weave, Side, Rock, Back

1&2& Step R to right, Step L behind right, Step R to right, Step L across in front of right
3&4 Step R to right, Rock/Recover onto L, Step R across in front of left
5&6& Step L to left, Step R behind left, Step L to left, Step R across in front of left
7&8 Step L to left, Rock/Recover onto R, Step L back ##

[17-24] Toe Strut, Toe Strut, Coaster Back, Step, Pivot, Forward, Side, Rock, Touch

1&2& Step R toe back, Drop R heel, Step L toe back, Drop L heel
3&4 Step R back, Step L beside right, Step R forward
5&6 Step L forward, Turn 180° right take weight onto R, Step L forward (6)
7&8 Step R to right, Rock/Recover onto L, Touch R beside left ^^

[25-32] Side, Tog, ¼Turn, Rumba Back, Back, Back, Back, Hitch, Back, Back, Back, Hook

1&2 Step R to right, Step L beside right, Make ¼ turn right step R forward (9)
3&4 Step L to left, Step R beside left, Step L back
5&6&7&8& Step back: R L R, Hitch L knee up, Step back: L R L, Hook R foot across left knee

[33-40] Step, Lock, Step, Scuff, Step, Lock, Step, Scuff, Step, Paddle, Cross, ¾ Turn

1&2& Step R to right diagonal, Lock L behind right, Step R to right diagonal, Scuff L beside right
3&4& Step L to left diagonal, Lock R behind left, Step L to left diagonal, Scuff R beside left
5&6 Step R forward, Turning 90deg left step L to left, Step R across in front of left (6)
7&8 Turn 90deg right step L back, Turn 180deg right step R forward, Step L forward ** (3)

[41-48] Heel Strut, Heel Strut, Out, Out, In, In, Heel Strut, Heel Strut, Stomp, Stomp

1&2& Touch R heel forward, Step R toe down, Touch L heel forward, Step L toe down
3&4& Step R to right, Step L to left, Step R to centre, Step L to centre
5&6& Touch R heel forward, Step R toe down, Touch L heel forward, Step L toe down
7 8 Stomp R slightly forward, Stomp L slightly forward

[49-56] Mambo Forward, Mambo Back, Side, Rock, Forward, Side, Rock, Forward

1&2 Step R forward, Rock/Recover back onto L, Step R back
3&4 Step L back, Rock/Recover forward onto R, Step L forward
5&6 Step R to right, Rock/Recover onto L, Step R forward slightly across in front of left
7&8 Step L to left, Rock/Recover onto R, Step L forward slightly across in front of right

Bridge & Tag: Both the Bridge and the Tag are the same steps and count.

1 2 Step R forward onto right diagonal swaying hips, Rock/Recover back onto L swaying hips
back
3 Touch R beside left

Sequence:-

Wall 1 (Bridge) Dance to Count 40** (at 3 o'clock), add the Bridge and continue with the dance.

Wall 2 (Tag & Restart) Dance to Count 16##, add the Tag and Restart at 3 o'clock.

Wall 4 (Bridge) Dance to Count 24^^ (at 12 o'clock), add the Bridge and continue with the dance.

Wall 4 (Tag) At the end of Wall 4 (at 9 o'clock), add the Tag.

This is a very quirky song by The Waifs and to ensure the smooth flow of the dance a 3 Count Bridge and a 3 Count Tag (which are both exactly the same steps) have been added as indicated in the sequencing above.
Enjoy!!!
