

Blinding Lights

拍數: 48 牆數: 2 級數: Improver
編舞者: Ann-Kristin Sandberg (NOR) - January 2020
音樂: Blinding Lights - The Weeknd : (iTunes)



Intro: 16 counts from the beat

Kicks x 2-Point-Touch-Flick-Side-Together-Side-Touch-Side-Touch-Side-Touch

1&2& Kick R forw, Step R next to L (bend knees), Kick L forw, Step L next to R (bend knees)
3&4& Point R out to R side, Touch R next to L, Point R out to R side, Flick R up behind L
5&6& Step R to R side, Step L next to R, Step R to R side, Touch L next to R
7&8& Step L to L side, Touch R next to L, Step R to R side, Touch L next to R

Side-Together-1/4 turn L-Scuff-Step-Pivot 1/4 turn L-Kick & Rock recover-Kick-Walk & Clap

1&2& Step L to L side, Step R next to L, 1/4 turn L stepping L forw, Scuff R forw (F 09)
3&4& Step R forw, Pivot 1/4 turn L, Kick R forw, Step R forw (F 06)
5&6& Step L to L side, Recover onto R, Kick L forw, Step L forw
7&8& Step R forw, Clap, Step L forw, Clap

Side-Rock recover-Side-Rock recover-Rumbabox

1-2& Step R to R side, Step L backw, Recover onto R
3-4& Step L to L side, Step R backw, Recover onto L
5&6 Step R to R side, Step L next to R, Step R forw
7&8 Step L to L side, Step R next to L, Step L backw

Lock steps-Back-Rock recover-Walk & Clap

1&2 Step R backw, Lock L in front of R, Step R backw
3&4 Step L backw, Lock R in front of L, Step L backw
5&6& Step R backw, Recover onto L, Step R forw, Clap
7&8& Step L forw, Clap, Step R forw, Step L next to R & clap at same time

Rock recover-Lock steps-Rock recover-Lock Steps

1&2& Step R forw, Recover onto L, Step R backw, Recover onto L
3&4 Step R forw, Lock L behind R, Step R forw
5&6& Step L forw, Recover onto R, Step L backw, Recover onto R
7&8 Step L forw, Lock R behind L, Step L forw

Step-Pivot 1/2 turn L-Step-Pivot 1/2 turn L-Cross-Back-Side-Forw

1-2 Step R forw, Pivot 1/2 turn L (F 12)
3-4 Step R forw, Pivot 1/2 turn L (F 06)
5-6 Cross R over L, Step L backw
7-8 Step R to R side, Step L forw

RESTART: Wall 3 after 32 Counts F 06

ENJOY DANCING & HAVE FUN!

Email: anne88@online.no