

Be A Light

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Lynne Herman (USA) & David Herman (USA) - April 2020
音樂: Be a Light (feat. Reba McEntire, Hillary Scott, Chris Tomlin & Keith Urban) -
Thomas Rhett : (2:56)



INTRO: 16 counts

TAGS: (T1) End of Wall #2 (8 counts). (T2) End of Wall #6 (2 counts)

S1: CROSS POINT X2, CROSS ROCK/RECOVER, SIDE ROCK/RECOVER

12 Cross RF in front of LF (1); point LF to left side (2)
34 Cross LF in front of RF (3); point RF to right side (4)
56 Rock RF across in front of LF (5); recover weight to LF (6)
78 Rock RF to right side (7); recover weight to LF (8)

S2: SAILOR, SAILOR ¼ LEFT, TRIPLE FORWARD, ½ PIVOT RIGHT

1&2 Sweep RF behind LF (1); step LF to left side (&); step RF to right side (2)
3&4 Sweep LF behind RF making ¼ turn left (3); step RF to right side (&); step LF to left side (4)
(9:00)
5&6 Step RF forward (5); close LF beside RF (&); step RF forward (6)
78 Step LF forward (7); pivot ½ turn right, step RF forward (8) (3:00)

S3: TRIPLE FORWARD, KICK BALL STEP, DIAGONAL STEP/TOUCH X2

1&2 Step LF forward (1); close RF beside LF (&); step LF forward (2)
3&4 Kick RF forward (3); recover and transfer weight to RF beside LF (&); step forward LF (4)
56 Step RF to right diagonal (5); touch LF beside RF (6)
78 Step LF to left diagonal (7); touch RF beside LF (8)

ALTERNATE STEP: If you like turns, try a slow 2-count full turn left on counts 3-4

S4: CHASSE RIGHT, CHASSE LEFT ¼ TURN LEFT, CHASSE RIGHT ¼ TURN LEFT, BACK COASTER

1&2 Step RF to right side (1); step LF beside RF (&); step RF to right side (2)
3&4 Making a ¼ turn left, step LF to left side (3); step RF beside LF (&); step LF to left side (4)
(12:00)
5&6 Making a ¼ turn left, step RF to right side (5); step LF beside RF (&); step RF to right side (6)
(9:00)
7&8 Step LF back (7); step RF back beside LF (&); Step LF forward (8)

TAG #1: End of Wall #2, add 8 extra counts

T1: CROSS ROCK/RECOVER, CHASSE RIGHT, CROSS ROCK/RECOVER, CHASSE LEFT

12 Rock RF across in front of LF (1); recover weight to LF (2)
3&4 Step RF to right side (3); step LF beside RF (&); step RF to right side (4)
56 Rock LF across in front of RF (1); recover weight to RF (2)
7&8 Step LF to right side (3); step RF beside LF (&); step LF to right side (4)

TAG #2: End of Wall #6, add 2 extra counts

T2: SIDE ROCK/RECOVER

12 Rock RF to right side (1); recover weight to LF (2)

ENDING: Ends naturally on the front Wall, at count 5 of Section 1

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