

Blinding Lights EZ

拍數: 40 牆數: 1 級數: Beginner
編舞者: Maryse Fourmage (FR) & Angéline Fourmage (FR) - April 2020
音樂: Blinding Lights - The Weeknd



Start : 0,27 s. approximately (On the lyrics) – 2 Restarts
Sequence : A-24-A-24-A-A-A-A-A

[1-8] Side, Touch, Side, Touch, Rumba-Box, Hold

1-2 RF to R side, Touch LF next to RF
3-4 LF to L side, Touch RF next to LF
5-6 RF to R side, LF next to RF
7-8 RF FW, Hold

[9-16] Side, Touch, Side, Touch, Rumba-Box, Hold

1-2 LF to L side, Touch RF next to LF
3-4 RF to R side, Touch LF next to RF
5-6 LF to L side, RF next to LF
7-8 LF back, Hold

[17-24] Kick, Together, Kick, Together, Kick, Together, Kick, Together, Mambo, Mambo

1&2& Kick RF FW, RF next to LF, Kick LF FW, LF next to RF
3&4& Kick RF FW, RF next to LF, Kick LF FW, LF next to RF
5&6 RF to R side, Recover to LF, RF next to LF
7&8 LF to L side, Recover to RF, LF next to RF *Restart

[25-32] Vine, Touch, Vine, Touch

1-2 RF to R side, LF behind RF
3-4 RF to R side, Touch LF next to RF
5-6 LF to L side, RF behind LF
7-8 LF to L side, Touch RF next to LF

[33-40] Diagonal, Touch, Diagonal, Together, Swivel

1-2 RF FW on R Diagonal, Touch LF next to RF
3-4 LF back on L Diagonal, RF next to LF
5-6 Put your heels to the R side, Recover on middle
7&8& Put your heels to the R side, Recover on middle, Put your heels to the R side, Recover on middle

Option : 4 Wall

[25-32] Vine ¼ R, Touch, Vine, Touch

1-2 RF to R side, LF behind RF
3-4 Make ¼ R with RF FW, Touch LF next to RF
5-6 LF to L side, RF behind LF
7-8 LF to L side, Touch RF next to LF

Smile and enjoy the dance

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