Lights Out

拍數: 24

級數: Beginner / Improver

編舞者: Pat Esper (USA) - February 2021

音樂: Kill the Lights - Luke Bryan

Dance Map: 16(into),24,24,24,24,24,24,24,24,4(tag),32 to end

[1-8]: Side rock, Recover, Weave, Ball grind quarter turn, Coaster step

- 1-2 Rock the right foot to the side. Recover onto the left foot.
- 3&4 Step the right foot behind the left, Step the left foot to the side, Step the right foot across the left.
- 5-6 Press the ball of the left foot to the side. Recover onto the right foot while turning a quarter turn to the left.
- 7&8 Step back on the left foot, Step the right foot next to the left, Step forward on the left foot.

[9-16]: Walking hip bumps, Walking hip bumps, Rock, Recover, Half turn triple

- 1&2 Step forward on the right foot as you bump the hips right-left-right ending with the weight on the right.
- 3&4 Step forward on the left foot as you bump the hips left-right-left ending with the weight on the left.
- 5-6 Rock forward on the right foot. Recover onto the left foot.
- 7&8 Turning a quarter turn to the right, Step the right foot to the side, Step the left foot next to the right, Turning a quarter turn to the right, Step forward on the right foot

[17-24]: Step, Touch behind, Sidestep, Touch behind, Quarter turn Triple, Step, Half turn

- 1-2 Step forward on the left foot. Touch the right toes behind the left.
- 3-4 Step the right foot to the side. Touch the left toes behind the right.
- 5&6 Turn a quarter turn to the left and step forward on the left foot, Step the right foot next to the left, Step forward on the left foot.
- 7-8 Step forward on the right foot, Turn a half turn to the left with the weight ending up on the left foot.

Start again

Tag: 4 count tag at the end of wall 9 (optional)

- 1-2 Step the right foot slightly to the side as you place the right hand on the right butt cheek. Place the left hand on the left butt cheek.
- 3&4 Roll the hips from left to right to left. Roll the hips from left to right to left with weight ending up on the left foot.

Contact: ptesper@gmail.com On Facebook: The Redneck Revolution (of Music and Dance)





牆數: 2