

Lite It Up

拍數: 32 牆數: 4 級數: Low Intermediate
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音樂: Dynamite - BTS



Originally created in August 2020

Count In: 16 counts from start of track. No tags, No restarts.

Rock, Recover, Backwards Shuffle, Rock, Recover, ½ Turn Shuffle

1-2 Rock forward on right foot, recover weight back to left foot
3&4 Step right foot back, step left foot next to right, step right foot back
5-6 Rock back on left foot, recover weight to right foot
7&8 Pivot ¼ turn right stepping left foot to left side, step right foot next to left, pivot ¼ turn right stepping back on left foot

Back, Touch, Back, Touch, Back Touch (Quick x2), Kick Ball Change

&1 Step back on right foot, touch left toe forward
2 Hold
&3 Step back on left foot, touch right toe forward
4 Hold
&5&6 Step back on right foot, touch left toe forward, step back on left foot, touch right toe forward
&7&8 Step back on right foot, kick left foot forward, step left foot next to right, step right foot next to left

Forward Rock, Recover, Side Rock, Recover, Sailor Step, ¼ Sailor Step

1-2 Rock forward on left foot, recover weight back on right foot
3-4 Rock left foot to left side, recover weight back on right foot
5&6 Step left foot behind right, step right foot to right side, step left foot to left side
7&8 Pivot ¼ turn right stepping right foot behind left foot, step left foot next to right, step right foot to right side

Rock, Recover, ½ Turn Shuffle, ½ Turn, Full Turn

1-2 Rock forward on left foot, recover weight back to right foot
3&4 Pivot ¼ turn left, stepping left foot to left side, step right foot next to left, pivot ¼ turn left stepping forward on left foot
5-6 Step forward on right foot, pivot ½ turn left (weight on left foot)
7-8 Pivot ½ turn left stepping back on right foot, pivot ½ turn left stepping forward on left foot

REPEAT