### Shine On



拍數: 48 牆數: 4 級數: Intermediate

編舞者: Mikael Mölsä (FIN) - 9 August 2021

音樂: Shine On - Eric Bibb : (CD: Diamond Days)



Starting point: At the vocals, at about 0:21.

Note: Dedicated to all who struggle with life right now. Shine on!

#### STEPS FORWARD, ANCHOR STEP WITH SWEEP, SAILOR STEP, ROCKING CHAIR

1-2 Step right forward, step left forward

3&4 Step right behind left, step left in place, step right in place and sweep left from front to back

5&6 Step left behind right, step right next to left, step left to left diagonal

7&8& Step right across left, recover weight back to left, step right back, recover weight back to left

#### ROCK STEP, ½ RIGHT TURNING SHUFFLE, ½ RIGHT TURNING SWEEP, HIP BUMPS

1-2 Rock right forward, recover weight back to left

3&4 Turn ¼ to right and step right to right side, step left next to right, turn ¼ to right and step right

forward

5-6 Turn ½ to right by sweeping left from back to front (weight ends up on right)

7&8 Step left to side and bump hips left, bump hips right, bump hips left (weight ends up on left)

## 1/4 RIGHT TURNING STEPS, ROCK-HITCH-CROSS, SWAYS, 1/2 LEFT TURNING SYNCOPATED ROCK STEP

1-2 Turn ¼ to right and step right forward, step left forward

Rock right to right side, recover weight to left as you hitch right foot, step right across left

5-6 Sway your hips left, sway your hips right

7&8 Rock left forward, recover weight back to right, turn ½ to left by stepping left forward

Note: counts 3&4 can be replaced with a simple rock-n-cross.

#### SHUFFLE FORWARD. KICK BALL CROSS. ½ RIGHT TURNING SWEEP. HIP BUMPS

1&2 Step right forward, step left next to right, step right forward

3&4 Kick left foot forward, step left next to right, turn ¼ to right and step right across left

5-6 Turn ¼ to right by sweeping left from back to front (weight ends up on right)

7&8 Step left to side and bump hips left, bump hips right, bump hips left (weight ends up on left)

# DIAGONAL STEPS, DIAGONAL CROSS SHUFFLE, STEP BACK, TURN 1/4 LEFT, DIAGONAL CROSS SHUFFLE

1-2 Step right to right diagonal (facing 2:30, step to 4:30), step left across right (step to 4:30)
3&4 Turn ¼ to right (now facing 4:30, step to 2:30) and step right across left (step to 2:30), step left to left side (step to 2:30), step right across left (remain facing 4:30, step to 2:30)

5-6 Turn 1/8 to right by stepping left back (step to 12:00) turn 1/4 to right by stepping right to right

side (now facing 9 o'clock, stepping to 9:00)

7&8 Step left to right diagonal (now facing 7:30, step to 10:30), step right to right side (step to

10:30), step left across right (step to 10:30) while straightening yourself towards 9 o'clock

#### SYNCOPATED LOCK STEPS, SCUFF, HITCH, STEP, HEEL TURNS, COASTER STEP

Step right to right diagonal, lock left behind right
Step right to right diagonal, step left to left diagonal
Lock right behind left, step left to left diagonal

4& Scuff right foot, hitch right foot

Step right foot forward, turn ¼ to left by bringing left heel in, turn ¼ to left by turning right heel

out (you are now facing 3 o'clock)

### REPEAT