

Shine On

COPPER KNOB
BY STEPHEN

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)

¼ RIGHT TURNING STEPS, ROCK-HITCH-CROSS, SWAYS, ½ LEFT TURNING SYNCOPATED ROCK STEP

1-2 Turn ¼ to right and step right forward, step left forward
3&4 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 ¼ 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 ¼ 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

1& Step right to right diagonal, lock left behind right
2& Step right to right diagonal, step left to left diagonal
3& Lock right behind left, step left to left diagonal
4& Scuff right foot, hitch right foot
5&6 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)

7&8

Step left back, step right next to left, step left forward

REPEAT
