

Shine

拍數: 51 牆數: 2 級數: Advanced
編舞者: Kate (KOR) - September 2021
音樂: Shine - Regine Velasquez



Dance start on lyrics.

(Section 1) Basic box step (fwd side together, back side together)

123 Step Rf fwd(1), Step Lf to side L(2), Step Rf next to Lf(3)
456 Step Lf back(4), Step Rf to side R(5), Step Lf next to Rf(6)

(Section 2) Right Pivot turn, Contra check

123 1/4 turn R Step fwd(1) 3:00, 3/4 full turn R Step Lf next to Rf (2)12:00 - Step Rf to side R
(3)1:30
456 Cross Lf over Rf(4) 1:30, Step Rf back(5)12:00, Step Lf to side L(6)10:30

(Section 3) Weave, Left pivot turn

123 Cross Rf over Lf(1) 10:30, Step Lf to side L(2)1:30 - Cross Rf behind Lf(3) 12:00
456 1/4 turn L Step Lf fwd(4) 9:00, 3/4 full turn L Step Rf next to Lf(5) 12:00 - Step Lf to side L(6)
10:30

(Section 4) Contra check, Open impetus

123 Cross Rf over Lf(1)10:30, step Lf back (2)1:30, Step Rf side (3)4:30
456 Step Lf fwd(4)4:30, Step Rf next to Lf ,body rotate turn L 10:30(5) Step Lf fwd(6)

(Section 5) Spin turn , Wing

123 Step Rf fwd(1)10:30, Step Lf side(2)3:00, Turn R Step Rf slightly fwd(3)7:30
- promenade position
456 Step Lf fwd(4), Step Rf side body rotate turn L(5), Step Rf fwd(6)3:00

(Section 6) Outside spin, Full turn R, Sweep

123 Step Rf back(1)12:00, Step Lf next Rf(2), Step Rf fwd(3)1:30
&456 Cross Lf over Rf(&), full turn R (4) 12:00, Hold, body rise (5) Sweep Rf from front to back(6)

(Section 7) Reverse 1/4 turn with syncopated lock, Oversway

12&3 Step Rf behind Lf(1), Turn L Step Lf fwd(2) 7:30- 1/2 turn L Step Rf back(&)1:30, Cross Lf
over Rf(3)
456 Step Lf back(4), Turn L Step Lf side(5)12:00, Finish body turn L, weight onto L 10:30

(Section 8) Open impetus, Three step

123 Step Rf next to Lf(1), Hold, body rotate R(2)1:30 weight onto Rf Step Lf fwd(3)
456 Full turn L, Rf,Lf,Rf 3:00

(Section 9) Three step

123 Full turn R, Lf,Rf,Lf 3:00

Demo & Step teaching videos available on YouTube

Happy dancing