

Inner Light

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Becca Fulford (USA) & Addison Albro (USA) - 3 September 2021
音樂: Inner Light - Elderbrook & Bob Moses



Intro: 32 count intro, start on vocals

[1-8] CROSS ROCK, REPLACE, & CROSS ROCK, REPLACE, SHUFFLE BACK, STEP BACK, TOUCH

1,2&3,4 Cross rock R over L, replace L, quickly step back R, cross rock L over R, replace R
5&6,7,8 Step back L, step R next to L, step back L, step back R, touch L next to R

[9-16] STEP, ½ TURN, SHUFFLE BACK, COASTER STEP, STEP FWD, STEP FWD

1,2,3&4 Step fwd L, turn ½ left stepping back R, step back L, step R next to L, step back L
5&6,7,8 Step back R, step L next to R, step fwd R, step fwd L, step fwd R

[17-24] HIP SWAYS, DOUBLE BUMP, HEEL & TOE, ¼ KICK, STEP, CROSS

1,2,3,4 Step side L swaying hips left, right, bump hips left, bump hips left (weight on L)
5&6 Touch R heel fwd, quickly step on R, touch L toe back
7&8 Turn ¼ left kicking L fwd, quickly step L, cross R over L

[25-32] TOUCH SIDE, BODY ROLL, WEAVE, SIDE ROCK, REPLACE, SAILOR ½ TURN

1,2 Touch L toe side, side body roll ending with weight on L
3&4,5,6 Cross R behind L, step side L, cross R over L, rock side L, replace weight on R
7&8 Cross L behind R, turn ½ left stepping R, step fwd L
