Bright Side 2022

拍數: 32

級數: Beginner

編舞者: Becky Hawthorne (USA) - May 2022

音樂: Bright Side of the Road - Van Morrison

No tags, no restarts

Intro: 16 counts. Dance begins 2 counts before vocals start.

Section 1: WALK, WALK, FWD SHUFFLE, SIDE ROCK, 1/4 RECOVER, FWD SHUFFLE

- Walk forward R, L 1, 2
- Forward shuffle R, L(&), R 3 & 4
- 5.6 Rock LF to L side, 1/4 Recover RF (3:00)
- 7 & 8 Forward shuffle L, R(&), L

Section 2: FWD ROCK, RECOVER, TRIPLE STEP, 1/4 PIVOT, TRIPLE STEP

- 1, 2 Rock RF forward, Recover back on LF
- 3&4 Triple step in place R, L(&), R
- Step LF fwd, Pivot 1/4 turn R transferring weight to RF (6:00) 5.6
- 7 & 8 Triple step in place L, R(&), L

Section 3: STEP, KICK, TRIPLE STEP, CROSS, 1/4 BACK, TRIPLE STEP

- 1, 2 Step RF forward, Kick L
- 3&4 Triple step in place L, R(&), L
- 5,6 Cross RF over LF, 1/4 Step back on LF(9:00)
- 7 & 8 Triple in place R, L(&), R

Section 4: 1/2 PIVOT, 1/2 CHASE TURN, SYNCOPATED V STEP

- 1, 2 Step LF fwd, Pivot 1/2 turn R transferring weight to RF (3:00)
- 3 & 4 Step LF fwd, Pivot 1/2 turn R (&) (9:00), Step LF forward
- 5, 6 Step RF to R fwd diagonal, Step LF to L fwd diagonal
- 7 & 8 Hold, Step RF back to center (&), Step LF back to center

Suggested ending: Song ends after Wall 10, Section 3. You are facing the 3:00 wall for counts 1-4 of Section 3. On counts 5-6, step RF forward and do a 1/4 pivot back to 12:00. Triple step in place R,L,R on counts 7 & 8 and hold.

Optional styling suggestions: Doing all the triples in place with slightly bent knees will help add some hip action. The hold on count 7 of the syncopated V step in Section 4 is a great place for a single shoulder roll.

Music note: Van Morrison recorded a couple different versions of this song. This version is from his 1979 release, Into the Music.

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牆數:4