

Blinding Lights

拍數: 32 牆數: 4 級數: High Improver
編舞者: Anna (INA) - June 2023
音樂: Blinding Lights - The Weeknd



Restart on wall 2, 4, 7 (after 16 counts)

Starting dance - Intro music on vocal after 32 counts.

I. SIDE - TOUCH - SIDE - KICK - BEHIND - SIDE - CROSS - SIDE ROCK - CROSS - ¼ TURN - ¼ TURN - FWD

- 1 & 2 & 3 & 4 Step R to right side - Touch L beside right - Step L to left side - Kick R diagonal forward - Cross R behind left - Step L to left side - Cross R over left
- 5 & 7 Rock side L to left side - Recover on R - Cross L over right
- 7 & 8 ¼ Turn left Stepping backward on R (facing on 09:00 O'clock) - ¼ Turn left Step L to left side (facing on 06:00 O'clock) - Step R forward diagonal

II. LOCK FWD DIAGONAL SYNCHOPATED (R-L) - FWD MAMBO - STEP BACK/MOON WALK (L-R) - COASTER STEP

- & 1 & 2 & Lock L behind right - Step R forward diagonal - Step L forward diagonal - Lock R behind left - Step L forward diagonal
- 3 & 4 Rock forward on R - Recover on L - Step R backward
- 5 - 6 Step L back - Step R back
- 7 & 8 Step L backward - Step R together - Step L forward

III. HEEL JACK - FWD MAMBO - BACK MAMBO

- 1 & 2 & Cross R over left - Step L to left side - Touch R heel diagonal forward - Step R next to left side
- 3 & 4 & Cross L over right - Step R to right side - Touch L heel diagonal forward - Step L next to right side
- 5 & 6 Rock forward on R - Recover on L - Backward on R
- 7 & 8 Rock backward on L - Recover on R - Step L forward

IV. FWD LOCK SHUFFLE - CHASSE TURN - ¼ TURN - SIDE - CROSS - SIDE ROCK - CROSS

- 1 & 2 Step R forward - Lock L behind left - Step R forward
- 3 & 4 Step L forward - ½ Turn right Recover on R (facing on 12:00 O'clock) - Step L forward
- 5 & 6 ½ Turn left Stepping backward on R (facing on 06:00 O'clock) - ¼ Turn left Step L to left side (facing on 03:00 O'clock), Cross R over left
- 7 & 8 Rock side L to left side - Recover on R - Cross L over right

Enjoy your dance with Soul ☐

Thank you so much...

For more information about Step Sheets and Song, Please contact :
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Last Update - 25 June 2023