

Light It Up

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Julienne Granger (USA)
音樂: Kerosene - Miranda Lambert



- 1&2& Touch right heel forward, hook right ankle over left knee, touch right heel forward, hitch right heel to right side
- 3&4 Cha-cha forward right-left-right
- 5&6& Touch left heel forward, hook left ankle over right knee, touch left heel forward, hitch left heel to left side
- 7&8 Cha-cha forward left-right-left
- 9&10 Shuffle step to the right (right-left-right)
- 11&12 Sailor step (step left foot behind right, recover weight on right step left foot to left side) turning ¼ turn left
- 13 Cross right foot over left
- 14 Point left to left side
- 15 Cross left foot over right
- 16 Point right to right side
- 17-20 Jazz box turning ¼ turn left (cross right foot over left turning body ¼ turn left, step back on left, shift weight to right stepping slightly back, touch left)
- 21 Touch right heel forward
- 22 Touch left heel forward
- 23&24 Touch right heel forward, hook right ankle over left knee, recover weight to right foot
- 25&26 Sailor step (step left foot behind right, recover weight on right step left foot to left side)
- 27&28 Sailor step (step right foot behind left, recover weight on left step right foot to right side)
- 29&30 Sailor step (step left foot behind right, recover weight on right step left foot to left side) turning ¼ turn left
- 31&32 Step-lock-step (step right foot forward, bring left foot behind right locking into place, step right foot forward)
- 33-34&35-36 Syncopated weave left (step left to left side, cross right behind left, step left in place shifting weight to left, cross right in front of left, step left to left side)
- 37-40 Four count spin over right shoulder turning 1 ½ times
- 41&42 Right toe in-out-in, while swiveling hips left-right-left (like doing the twist)
- 43&44 Left toe in-out-in, while swiveling hips right-left-right (like doing the twist)
- 45&46 Shuffle step to the right (right-left-right)
- 47&48 Sailor step (step left foot behind right, recover weight on right step left foot to left side) turning ¼ turn left

REPEAT