

Lightin Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Bob Bonett (USA)
音樂: Soak Up the Sun - Sheryl Crow



STEP CROSS, STEP CROSS, STEP CROSS, RONDE'

&1-2 Step back on left, cross right over left, hold
&3-4 Repeat &1-2
&5-6 Repeat &3-4
7-8 Slide left foot around to cross over right and take weight

SIDE SHUFFLE, ROCK RECOVER, ½ PIVOT KICK BALL CHANGE

9&10 Side shuffle, right together left, right to side
11-12 Rock back on left, recover on right
13-14 Step forward on left, pivot half turn to right, weight on right
15&16 Kick left foot forward, step left in place, step right next to left

STRUTS WITH HIP BUMPS, SAILOR STEP, ½ TURN PIVOT

17&18 Step left toe forward step down left heel(bumping hips left, right, left)
19&20 Step right toe forward, step down right heel, (bumping hips right, left, right)
21&22 Step left behind right, step right to side, step left in place
23-24 Step forward right pivot ½ turn to left(weight on left)

ROCK RECOVER, ¾ SHUFFLE TURN, SIDE SHUFFLE, SYNCOPATED CROSS

25-26 Rock forward on right, recover on left
27&28 ¾ Turning shuffle to right, right left right
29&30 Shuffle to side left right left
31&32-- Step right behind left, step left to side, cross right over left

REPEAT

TAG

At end of first wall

1&2 Bump hips left, right, left
3&4 Bump hips right, left, right
5-6-7-8 Roll hips left, right, left, right(weight on right)

RESTART

After 10th wall do dance up to and including steps 19&20, then start from beginning