

Shine

拍數: 32 牆數: 2 級數: Improver
編舞者: David Mee (UK)
音樂: Sweet Freedom - Michael McDonald



WALK RIGHT-LEFT, HALF TURN, HALF TURN, ROCK STEP, COASTER-STEP

- 1 Step forward on right
- 2 Step forward on left
- 3 With weight on balls of both feet swivel half turn to right
- 4 With weight on balls of both feet swivel half turn to left (transfer weight to left)
- 5 Rock forward onto right
- 6 Recover weight back onto left
- 7&8 Step back on right, place left next to right, step forward on right

STEP-PIVOT, SHUFFLE FORWARD, ROCK STEP, COASTER-STEP

- 9 Step forward of left
- 10 Pivot half turn right
- 11&12 Step forward left, place right next to left, step forward left
- 13 Rock forward onto right
- 14 Recover weight back onto left
- 15&16 Step back on right, place left next to right, step forward right

WALK LEFT-RIGHT, HALF TURN, HALF TURN, ROCK STEP, ROCK STEP

- 17 Step forward on left
- 18 Step forward on right
- 19 With weight on balls of both feet swivel half turn to left
- 20 With weight on balls of both feet swivel half turn to right (transfer weight to left)
- 21 Rock back onto right
- 22 Recover weight forward onto left
- 23 Rock forward onto right
- 24 Recover weight back onto left

SHUFFLE BACK, HALF SHUFFLE TURN, STEP-PIVOT, KICK-BALL-CHANGE

- 25&26 Step back on right, place left next to right, step back on right
- 27&28 Step left to side making quarter turn left, step right next to left, step left forward making quarter turn to left
- 29 Step forward right
- 30 Pivot half turn to left
- 31&32 Kick right forward, place weight on ball of right next to left, transfer weight to left

REPEAT
