

Light of My Life

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Pat Stott (UK) - July 2008
音樂: Light of My Life - The Boots Band



Commence dance after 32 beats (15 seconds)

Cross, rock, chasse to right, cross, rock, chasse with ¼ turn left

1 - 2 Cross right over left, recover on left
3 & 4 Step right to right, close left to right, step right to right
5 - 6 Cross left over right, recover on right
7 & 8 Step left to left, close right to left, turn ¼ to left stepping forward on left

Step forward and ½ turning strut, rock back, recover, 2 walks, shuffle forward

1 - 2 Step forward on right toe, turn ½ turn left and lower right heel
3 - 4 Rock back on left, recover forward on right
5 - 6 walk forward on left, walk forward on right
(or full turn right – ½ turn right stepping back on left, ½ turn right stepping fwd on right)
7 & 8 Shuffle forward – left, right, left

****** Restart here during 3rd sequence**

Rock forward, recover, full triple right, rock forward, recover, half shuffle turning left

1 - 2 Rock forward on right, recover back to left
3 & 4 turning full turn right step – right left right
5 - 6 rock forward on left, recover onto right
7 & 8 shuffle turning ½ left stepping – left, right, left

Point right, step forward, point left, step forward, point right, ½ Monterey right, point left to left, ½ Monterey left

1 - 2 Point right to right, step forward on right
3 - 4 Point left to left, step forward on left
5 - 6 Point right to right, turn ½ right closing right to left
7 - 8 Point left to left, turn ½ left closing left to right

Point right to right, hold, close, point left to left, hold, jazz box with ¼ turn left

1 - 2 Point right to right, hold
& 3 - 4 Close, point left to left, hold
5 - 8 Cross left over right, step back on right, turn ¼ left stepping left to left, cross right over left

Side rock, cross shuffle, side, rock, cross shuffle

1 - 2 Rock left to left, recover
3 & 4 Cross left over right, right to right, cross left over right
5 - 6 Rock right to right, recover
7 & 8 Cross right over left, left to left, cross right over left

Step left to left, hold & snap, close, step left to left, hold & snap, close, ¼ turn left, step forward, ½ pivot, step forward

1 - 2 & Step left to left, hold and snap fingers, close right to left
3 - 4 & Step left to left, hold and snap fingers, close right to left
5 - 8 Turn ¼ left and step forward on left, step forward on right ½ pivot left, step forward on right

Rock forward, recover, ½ shuffle left, step right to right swaying hips to right, left, right, left

1 - 2 Rock forward on left, recover on right
3 & 4 ½ shuffle turning left – left, right, left

5 – 6 Step right to right swaying hips to right, sway hips to left
7 – 8 Sway hips right, sway hips left

*******At the end of the music turn the left Monterey turn a full turn to face the front wall**
