

Shine On

拍數: 64 牆數: 4 級數: Easy Intermediate
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音樂: Shine On - R.I.O.



Intro : Start after 32 counts

(1 – 8) Rock fwd, Recover, and Rock fwd, Recover, Mash potatoes back, Coaster Step

1 – 2 Rock R fwd, recover on L
&3-4 Step R next to L, Rock L fwd, recover on R
&5&6 Swivel both heels out, swivel both heels in placing L slightly behind R, swivel both heels out, swivel both heels in placing R slightly behind L, (travelling backwards).
7 & 8 Step L back, Step R next to L, Step L fwd(Coaster step)

(9-16) Touch Side, Step fwd x2 , Touch back, ½ Turn R, ½ Turn R, ¼ Turn R

1 – 2 Touch R to R side, Step R fwd
3 – 4 Touch L to L side, Step L fwd
5 - 6 Touch R back, ½ Turn R (6.00)
7 – 8 ½ Turn R and Step L back , ¼ Turn R step R to R side (3.00)

(17-24) Heel Grind L, Cross Shuffle, Heel Grind R, Cross Shuffle

1 - 2 Heel Grind with L (toes from R to L), Step R to R side
3 & 4 Step L across R , Step R to R side, Step L across R
5 - 6 Heel grind with R (toes from L to R), Step L to L side
7 & 8 Step R across L, Step L to L side, Step R across L

(25-32) Rocking Chair , Step fwd, ½ Turn R, Full Turn R

1 – 2 Rock L fwd, Recover on R
3 – 4 Rock L back, Recover on R
5 – 6 Step L fwd, ½ turn R (9.00)
7 – 8 Full Turn R with L, R

(33-40) Step , Lock , Step , Lock , Step x2 (Diagonal)

1 – 2 Step L fwd, Lock R behind L(Diagonally L)
3 & 4 Step L fwd, Lock R behind L, Step L fwd
5 – 6 Step R fwd, Lock L behind R (Diagonally R)
7 & 8 Step R fwd, Lock L behind R, Step R fwd

(41-48) Scuff fwd, Tap twice x2

1 – 2 Scuff L fwd , Step L Toe to L side
3 – 4 Tap L heel twice
5 – 6 Scuff R fwd, Step R toe to R side
7 – 8 Tap R Heel twice

(49-56) Toe Strutt back, ½ Turn R with Toe Strutt, ½ Turn R with Toe Strutt, R Sailor Step

1 – 2 Toe strutt L back
3 – 4 ½ Turn R Toe Strutt R fwd (3.00)
5 – 6 ½ Turn R Toe strutt L back (9.00)
7 & 8 Step R behind L, Step L to L side, Step R to R side

(57-64) L Sailor step With ½ Turn L , Step Fwd, ½ Turn L x2, Prissy Walks

1 & 2 Step L behind R, ½ Turn L and step R to R side, Step L to L side (3.00)
3 – 4 Step R fwd, ½ Turn L (9.00)

5 – 6 Step R fwd, ½ Turn L (3.00)
7 – 8 Step R across L, Step L across R

Start Again

Ending: after count 64 your facing 6 .00 wall Cross R over L and make ½ Turn L and Pose
