

Strobe Lights

拍數: 64 牆數: 2 級數: Advanced Funky
編舞者: Rachael McEnaney (USA) - June 2009
音樂: Strobe Lights - Emmanuel



Count In: 32 counts from start of track at approx 16secs.

Notes: All arms are optional and do not have to be done.

(1 – 8) Step touch, step touch, out out, hitch close, knee pop, ball change, syncopated jazz box

- & 1 & 2 Step right to right side (&), touch left next to right (1), step left to left side (&), touch right next to left (2) 12.00
- & 3 & 4 Step right to right side (&), step left to left side (3), hitch right knee (&), step right next to left (4) 12.00
- & 5 & 6 Push both knees out to sides (&), pop knees together (5), step back on ball of left foot (&), step in place with right (6) 12.00
- 7 & 8 Cross left over right (7), step back on right (&), step left next to right (8) 12.00

(9 – 16) Step ¼ pivot, full 2 count turn right, step right left, full triple turn to right (the turns are like rolling vine)

- 1 - 2 Step forward on right (1), make ¼ turn left (weight on left – pull L shoulder back) (2) 9.00
- 3 - 4 Make ¼ turn right stepping forward on right (3), make ½ turn right stepping back on left (4), make ¼ turn right (no weight change) (&) 9.00
- 5 - 6 Step right to right side (5), step left to left side (6) (these are strong steps – push hips forward with each step) 9.00
- 7 & 8 Make ¼ turn right stepping forward right (7), make ½ turn right stepping back left (&), make ¼ turn right stepping right to side (8) 9.00

(17 – 24) Walk forward L R, L mambo ½ turn, slide/glide ½ turn L with ball of R, close R, step forward L (ARMS)

- 1 - 2 Angle body to diagonal (10.30) step forward on left (1), step forward on right (2) 10.30
- 3 & 4 Rock forward on left (3), recover weight onto right (&), make ½ turn left stepping forward on left (4) 4.40
- 5 & 6 Push ball of right foot next to left (5), put weight into right heel whilst sliding left foot back (start turn) (&), make ½ turn left stepping forward on to left (6) 10.30
- 7 - 8 Step right next to left (7), step forward on left bending both knees (8) 10.30

Arms 7 & 8 As you step right next to left leave left arm out to left side loosely snap fingers of right hand close to eye level (7)

With right hand imagine drawing a circle anti-clockwise without moving elbow (&)

As you step forward left complete arm circle bringing fist close to head (eye level) (8)

(25 – 32) ¼ turn (or 3/8 as facing diagonal), step forward, body bounce, hitch close, step R L, full turn R, side L

- 1 – 2 Make 3/8 turn to right stepping forward onto right (legs straighten) (1), step forward on left bending both knees dipping down (2) 3.00

Arms 1 2 Fingers stretched out palms facing front take both arms out to sides from bottom to top (1), put left hand on top of right elbows out to sides as if chin is almost resting on your hands (2)

- & 3 Straighten knees pushing hands down (still on top of each other) (&), bend knees dip down again bringing hands back up (3) 3.00
- & 4 Straighten left knee as right foot flicks back (as if kicking butt) (&) (L hand stays R hand punches out to R side), stomp right next to left (4) (R hands comes back to left) 3.00
- 5 - 6 Step right to right side (drop arms – punch down as option) (5), step left to left side (6) 3.00
- 7 – 8 Make ¼ turn right stepping forward on right continue turning on ball of right foot to complete full turn (7), step left to left side (8)

(arm option – as you step left to side swing right arm from bottom to top as if doing back crawl with a finger

snap) 3.00

(33 – 40) Cross R behind, ¼ turn left, step R, ½ pivot, heel switches with fingers & sweep, R behind side cross

- 1 - 2 Cross right behind left (1), make ¼ turn left stepping forward on left (2), 12.00
3 & 4 Step forward on right (3), pivot ½ turn left (&), step forward on right (4) 6.00
5 & 6 Touch left heel forward pointing both index fingers down towards left foot (5), step left next to right (&), touch right heel forward pointing both fingers down towards right foot (6), (sweep right heel round to behind left – no weight change (&)) 6.00
7 & 8 Cross right behind left (7), step left to left side (&), cross right in front of left (8) 6.00

(41 – 48) Big step left, hold, ball cross, ¼ turn right, 2 hip bumps forward, ½ turn right, 2 hip bumps forward.

- 1 2 & 3 4 Take big step to left side(1), hold(2), step back on ball of right(&), cross left over right (3), make ¼ turn right stepping forward right (4) 9.00
5 & 6 Touch left toe forward bumping hips forward (5), bump hips back (&), bump hips forward taking weight on left (6) 9.00
7 & 8 Make ½ turn right touch right toe forward bumping hips forward (7), bump hips back (&), bump hips forward stepping forward right (8) 3.00

(49 – 56) Walk L, R mambo, walk back L R, L coaster cross, R cross walk.

- 1 2 & 3 4 Step forward on left (1), rock forward on right (2), recover weight onto left (&), step back on right (3) step back on left (4) 3.00
5 6 & 7 8 Step back on right (5), step back on left (6), step right next to left (&), cross left over right travelling slightly forward (7), step forward on right crossing slightly over left (8) 3.00

(57 – 64) Left diagonal step touch, Right diagonal step touch, 3 walks making ¾ turn left, touch or small jump

- 1 - 2 Take big step forward leading with left heel to left diagonal (1), close right to left (small jump optional) (2) 3.00
3 - 4 Take big step forward leading with right heel to right diagonal (3), close left to right (small jump optional) (4) 3.00
5 6 7 8 Make ¾ turn left walking in circle – left (5), right (6), left (7), touch right next to left (or small jump) (8) 6.00

START AGAIN, HAVE FUN!

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