

Step Into The Light

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Debbie Ellis (ES) - April 2010
音樂: All for You - Kate Ryan



Start dancing on lyrics

Step, Touch, & Heel, & Step, Pivot ½ Turn, Triple Full Turn

1-2 Step right forward, touch left together
&3&4 Step left in place, touch right heel forward, step right in place, step left forward
5-6 Step right forward, turn ½ left (weight to left)
7&8 Full triple turn left stepping right, left, right

Easier option for counts 7&8: shuffle forward (stepping right, left, right)

Step, Touch, & Heel, & Step, Rock, Recover, Chasse ¼ Turn

1-2 Step left forward, touch right together
&3&4 Step right in place, touch left heel forward, step left in place, step right forward
5-6 Rock left forward, recover to right
7&8 Turn ¼ left and step left to side, step right together, step left to side

Weave Left With Point, Weave Right With Point

1-4 Cross right over left, step left to side, cross right behind left, touch left to side
5-8 Cross left over right, step right to side, cross left behind right, touch right to side

Cross Points Twice (Traveling Forward), Step, Pivot ½ Turn, Kick Ball Change

1-2 Cross right over left, touch left to side
3-4 Cross left over right, touch right to side
5-6 Step right forward, turn ½ left (weight to left)
7&8 Kick right forward, step on ball of right in place, step left in place

Forward Rock, Shuffle ½ Turn, Forward Rock, Coaster Step

1-2 Rock right forward, recover to left
3&4 Shuffle turn ½ right stepping right, left, right
5-6 Rock left forward, recover to right
7&8 Left coaster step

Forward Rock, Triple ¾ Turn (Right), Forward Rock, Triple ¾ Turn (Left)

1-2 Rock right forward, recover to left
3&4 Triple ¾ turn right stepping right, left, right
5-6 Rock left forward, recover to right
7&8 Triple ¾ turn left stepping left, right, left (9:00)

Repeat

RESTART: DURING wall 6, dance up to count 32 (kick ball change), then restart facing front wall