

Shine A Light

拍數: 64 牆數: 2 級數: Intermediate Cha Cha
編舞者: Shaz Walton (UK) - December 2010
音樂: Shine A Light - McFly & Taio Cruz



Start the dance 4 counts before vocals (16 counts)

S1: Side. Cross rock. Recover. Coaster step. Forward rock. Recover. Shuffle forward.

1-2-3 Step right to right side. Cross rock left over right. Recover on right.
4&5 Step back left. Step back right. Step forward left.
6-7 Rock forward right. Recover left.
8&1 Step forward right. Step left beside right. Step forward right.

S2: Rock. Recover. Shuffle ½. Shuffle ½. Coaster step.

2-3 Rock forward left. Recover right.
4&5 Shuffle ½ turn left stepping L-R-L
6&7 Shuffle ½ turn left, stepping R-L-R
8&1 Step back left. Step back right. Step forward left.

Restart 1... Step forward on left for count 8

S3: Hold. Ball step. Hold. Ball. Rock. Recover. Coaster step.

2&3 Hold. Step right beside left. Step forward left.
4&5-6 Hold. Step right beside left. rock forward left . Recover on right.
7&8 Step back left. Step back right. Step forward left.

S4: Scuff. Hitch. Step. Coaster step. Scuff. Hitch. Step. Touch. ¼ left.

1&2 Scuff right forward. Hitch right slightly up. Step right back.
3&4 Step left back. Step right back. Step left forward.
5&6 Scuff right forward. Hitch right slightly up. Step right back.
7-8 Touch left behind. Make ¼ left dropping weight on left.

S5: Cross rock. Recover. Chasse right. Cross rock. Recover. ¾ turn left.

1-2 Cross rock right over left. Recover on left.
3&4 Step right to right. Step left beside right. Step right to right.
5-6 Cross rock over left. Recover on right.
7-8 Make ¼ left stepping left forward. Make ½ left stepping right back

S6: ¼ Side. Drag. Ball cross side. Side drag. Ball cross side.

1-2 Make ¼ left taking a big step left. drag right to left.
&3-4 Step right beside left. cross step left over right. Step right to right.
5-6 Make a big step left. drag right to left.
&7-8 Step right beside left. cross step left over right. Step right to right side.

Restart 2. Wall 4 - see below

S7: ¼. Hold. Ball step hold. Ball. Rock. Recover. Sailor ¼ left.

1-2 Make ¼ left stepping left forward. Hold.
&3-4 Step right beside left. Step forward left. Hold.
&5-6 Step right beside left. Rock forward left. Recover right.
7&8 Sailor ¼ turn left.

S8: Rock. Recover. Full triple right. Rock. Recover. ¾ triple left.

1-2 Rock forward right. Recover left.
3&4 Make a full triple turn right, stepping R-L-R

5-6 Rock forward left. Recover right.
7&8 Make $\frac{3}{4}$ triple turn left stepping L-R-L

**Restart 1. Wall 2- section 2 – step forward on left for count 8.
Restart the dance facing the back wall.**

Restart 2. Wall 4 – section 6 - dance the following ;

$\frac{1}{4}$ Side. Drag. Ball cross side. Side drag. Ball cross $\frac{1}{4}$ right.

1-2 make $\frac{1}{4}$ left taking a big step left. drag right to left.

&3-4 step right beside left. cross step left over right. Step right to right.

5-6 make a big step left. drag right to left.

&7-8 step right beside left. cross step left over right starting to make $\frac{1}{4}$ right. Complete $\frac{1}{4}$ right touching right next to left –

Restart the dance facing the front.

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