

Florida Shines

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Shanthie De Mel (AUS) - September 2011
音樂: Life Shines (The 30A Song) - Bryan Kennedy : (3:38)



Begin: Wt. on left foot. 16 count intro. Start on vocals “ – shines”

This dance is dedicated to June Lewis, Mark Oliver & the line dancers of New Smyrna Beach, Florida. USA.

Scenic Route 30-A is an 18-mile road that hugs the panhandle coastline (Gulf of Mexico) in Northwest Florida. Along this breath-taking drive you will see sugar-white sand beaches and some very rare coastal dune lakes. You will also discover a number of beach communities that are known for their relaxed, upscale lifestyle. Every beach along the scenic route 30-A is a Blue Wave Beach. 30-A is not a place but a way of life!

Split floor dance to Beginner dance 30 A ROCKS! to the same music, by Shanthie De Mel.

SIDE. TOG. 1/2 TURN RIGHT SIDE. HITCH. SIDE. TOG. 1/2 TURN LEFT SIDE. HITCH.

1, 2, 3, 4 Step R to right side. Step L to R. Turning 1/2 right step R to right side. Hitch L. (6:00)
5, 6, 7, 8 Step L to left side. Step R to L. Turning 1/2 left step L to left side. Hitch R. (12:00)

FWD. TAP. STEP. HEEL. STEP. TAP. 1/2 TURN LEFT SIDE. HOLD.

1, 2, 3, 4 Step R diag fwd. Tap L toe to R heel. Step down on L. Step R heel diag fwd.
5, 6, 7, 8 Step down on R. Tap L toe to R heel. Turning 1/2 left step L to left side. Hold. (6:00)

SIDE. TOG. 1/2 TURN RIGHT SIDE. HITCH. SIDE. TOG. 1/2 TURN LEFT SIDE. HITCH.

1, 2, 3, 4 Step R to right side. Step L to R. Turning 1/2 right step R to right side. Hitch L. (12:00)
5, 6, 7, 8 Step L to left side. Step R to L. Turning 1/2 left step L to left side. Hitch R. (6:00)

FWD. TAP. STEP. HEEL. STEP. TAP. 1/4 LEFT TURN STEP. HOLD.

1, 2, 3, 4 Step R diag fwd. Tap L toe to R heel. Step down on L. Step R heel diag fwd.
5, 6, 7, 8 Step down on R. Tap L toe to R heel. Turning 1/4 left step L to left side. Hold. (3:00)

FWD. LOCK. FWD. HOLD. (REPEAT ON OTHER FOOT)

1, 2, 3, 4 Step R diag fwd. Lock L behind R. Step R diag fwd. Hold.
5, 6, 7, 8 Step L diag fwd. Lock R behind L. Step L diag fwd. Hold.(3:00)

SWIVEL LEFT HOLD. SWIVEL RIGHT HOLD.

1, 2, 3, 4 Swivel left heels-toes-heels. Hold
5, 6, 7, 8 Swivel right heels-toes-heels. Hold. (3:00)

TOE STRUTS BACK X4 WITH 1/4 LEFT TURN

1, 2, 3, 4 Step back on L toe. Put L heel down. Step back on R toe. Put R heel down
5, 6, 7, 8 Turning 1/4 left step on L toe. Put L heel down. Step on R toe. Put R heel down. (12:00)

K- ROCKING CHAIR LEFT. STOMP. CLAP.

1, 2, 3, 4 Rock L fwd. Return R. Rock L to left side. Return R.
5, 6, 7, 8 Rock L back. Return R. Stomp L beside R. Clap. (12:00)

RESTART HERE ON ROTATION 4 FACING 12:00, WHEN LYRICS BEGIN.

K- ROCKING CHAIR RIGHT. STOMP. CLAP.

1, 2, 3, 4 Rock R fwd. Return L. Rock R to left side. Return L.
5, 6, 7, 8 Rock R back. Return L. Stomp R beside L. Clap. (12:00)

JAZZ BOX LEFT. HOLD. FWD. HOLD. 1/2 LEFT TURN. HOLD

1, 2, 3, 4 Cross L over R. Step R back. Step L back. Hold.
5, 6, 7, 8 Step R fwd. Hold. Turn 1/2 left on L. Hold. (6:00)

ENDING: END OF LAST ROTATION, FACE 12:00 & RIGHT STOMP & HOLD.
