

Lightning

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gaye Teather (UK) - November 2012
音樂: Lightning - The Wanted



Dance rotates in CW direction

Vine Right. Cross. Side rock. Cross shuffle

1 – 2 Step Right to Right side. Cross Left behind Right
3 – 4 Step Right to Right side. Cross Left over Right
5 – 6 Rock Right to Right side. Recover onto Left
7&8 Cross Right over Left. Step Left to Left side. Cross Right over Left

Vine Left. Cross. Side rock. Cross shuffle

1 – 2 Step Left to Left side. Cross Right behind Left
3 – 4 Step Left to Left side Cross Right over Left
5 – 6 Rock Left to Left side. Recover onto Right
7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right

Rumba box

1 – 2 Step Right to Right side. Step Left beside Right
3 – 4 Step forward on Right. Touch Left beside Right
5 – 6 Step Left to Left side. Step Right beside Left
7 – 8 Step back on Left. Touch Right beside Left

Back rock. Shuffle forward. Step. Pivot quarter turn Right. Cross. Hold/clap

1 – 2 Rock back on Right. Recover onto Left
3&4 Step forward on Right. Step Left beside Right. Step forward on Right
5 – 6 Step forward on Left. Pivot quarter turn Right (Facing 3 o'clock)
7 – 8 Cross Left over Right. Hold & clap

Start again

Tags: These occur each time you return to the front wall and comprise 8 counts as follows:-

1 – 4 Cross Right over Left. Hold. Cross Left over Right. Hold
5 – 8 Cross Right over Left. Step back on Left. Step Right to Right side. Cross Left over Right

Re-start: Once only. When you return to front wall for the first time (start of wall 5) Dance the first 16 steps then start again from the beginning
