Lightning



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 Righ
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	
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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