

My light

拍數: 32 牆數: 4 級數: Advanced NC2S
編舞者: Guyton Mundy (USA) & Dave Morgan (UK) - September 2013
音樂: Mmm... - Laura Izibor



16 count intro, start on vocals.

[1-8] right nightclub basic 1/4, sweep 1/4, cross 1/4, 1/2, pivot full turn, back, back, 1/4.

1, 2& Step right foot to right side, step left foot together, cross right foot over left.
3 Make a 1/4 turn left stepping forward left. (9 o'clock)
4 Make a further 1/4 turn left sweeping right foot around. (6 o'clock)

(Dance 3-4 as one smooth movement)

&5 Cross right foot over left, make a 1/4 turn right stepping back on left,
& Make a 1/2 turn right stepping forward right. (3 o'clock)
6&7 Step forward left pivot 1/2 turn, continue turning a further 1/2 turn right stepping back left. (3 o'clock)
&&8 Step back on right, step back on left, make a 1/4 turn right stepping right to right side. (6 o'clock)

[9-17] left cross rock side, cross unwind full turn, side, sway, sway, sway, right back rock, step forward.

1&2 Cross rock left over right, recover weight on to right, step left foot to left side.
3-4 Cross right foot over left, unwind a full turn over left (weight stays on left foot)
5 Step right to right side. (6 o'clock)
6&7 Sway left, sway right, sway left.
8&1 Rock right behind left, recover weight forward on to left, [*Restart on wall 2] step forward on right foot to right diagonal. (7.30)

[18-24] sweep 1/2, press, back 1/2, lift, back rock, recover, 1/2, side, cross.

2 Sweep left foot around making a 1/2 turn right. (1.30)
3 Press weight on left to the diagonal (1.30)
(styling, lean forward and slightly down in to the press as you extend left arm forward and slightly down and right arm back and slightly up)
4& Step back on to right, make a 1/2 turn left stepping on to left foot. (7.30)
5 Raise up on to ball of left foot as you lift and extend the right leg forward pointing right toes.
6-7 Rock back on right foot, step forward on left foot. (7.30)
&&8 Make a half turn left stepping back on to the ball of the right foot, step left foot together, Cross right foot over left (level up to 12 o'clock)

(&&8 is almost a small fluid jump in to the turn)

[25-32] left nightclub basic 1/4, pivot 3/4, step side, behind, side, step forward, forward rock, recover, 1/2, 1/4

1, 2&3 Step left foot to left side, step right foot together, cross left foot over right, Make a 1/4 turn right stepping forward right. (3 o'clock)
4&5 Step forward on left foot, pivot 3/4 turn over right, step left foot to left side 12 o'clock)
6&7 Step right foot behind left, step left foot to left side, step forward on right foot.
&&8 Rock forward on left foot, recover weight on to right foot, make a half turn stepping forward on to left foot. Make a 1/4 turn left as you Restart to dance at 3 o'clock.

***Restart the dance on wall 2 after 16 counts, you will be facing 9 o'clock.**

6&7-8& sway, sway, sway, behind rock, recover.....Restart.

Contact: ddmorgan@live.co.uk

