

Lights Down

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Laura Hilbert (UK) - April 2014
音樂: Dance With Me (Radio Edit) - Justice Crew & Flo Rida



NOTES: -

One Tag, this happens only once at the end on wall 1.

One Restart on wall 6 after the first 40 counts.

COUNT IN: 16 counts

[1-8] step back right, touch left, step out out, big step left , drag right and cross, step right 1/4 right (3.00)

1 2 Step back on R , touch L forward,
3 4 Step L to L side, step R to R side ,
5 6 Big step to the L dragging R to L,
&7 8 Step weight on R , cross L over R, step R 1/4 R (3.00)

[9-16] step back left, step right, right heel twist, both heels twist, right coaster step, hitch left 1/4 right, step left. (6.00)

1 2 step back on the left, step R forward ,
&3&4 twist R heel out (r) in , then twist both heels (r) out , in ,
5&6 step back on the R, close L to R, step forward on the R,
7 8 hitch L beside R leg making a 1/4 R ,step L to L side

[17-24] hips right, left, right side chasse, rock back left , recover, pretty walks forward, left, right.

1 2 Sway hips R, L,
3&4 Step R to R side, close L to R, step R to R side,
5 6 rock back on L, recover weight onto R,
7 8 x2 walks forward , crossing the feet over slightly (pretty walks) L, R.

[25-32] grind left heel 1/4 left, step right, left coaster step, grind right heel 1/4 right, right sailor 1/4 right (9.00)

1 2 grind L heel making 1/4 left, step weight on the R ,
3&4 step back on the L, close R to L, step forward on the L,
5 6 grind right heel making 1/4 R , step weight on the L,
7&8 Making another 1/4 turn right , cross R behind left, step L slightly to L side, step R to R side.

[33-40] x2 Dorothy's steps L, R, step right, rock L forward recover, jump back L,R, Clap.

1 2&3 4 step L to L diagonal, step R slightly behind L, step L in place, repeat on the R.
&5 6 step weight on R, rock L forward, recover Weight onto R,
&7 8 jump back stepping L, R slightly apart, clap.

(This is where the Restart comes in on wall 6)

[41-48] walk 3/4 R, stepping R,L,R,L, step R side, touch L, step L side, touch R. (snake rolls)

1234 walking round 3/4 to the R (6.00) stepping RLRL,
5678 step R to R side, touch L to L side repeat to L

(Optional snake rolls on the side touches)

[49-56] turning Vine right, left touch, step left, touch right across, step right, touch left across.

1234 making a full turn over R, step R,L,R, touch L beside R,
5678 step L to L side, touch R across L, repeat stepping to the R.

[57-64] Full turn left L,R, left side chasse 1/4 left, rock right forward, recover, jump feet back R,L, twist heels Left, centre.

- 1 2 3&4 making a full turn to the L step L,R, continue to make another 1/4 L stepping L to L, side, step R to L, step L 1/4 L (3.00)
- 5 6 &7&8 rock forward R, recover weight onto L, jump feet back together R,L, Twist both heels L , then back to centre

End of wall one ONLY - Extra 16 counts

Step forward Right pivot 1/2 Left, right shuffle forward, step forward Left pivot 1/2 Right, left shuffle forward.

- 1 2 3&4 Step forward R pivot 1/2 Turn L , Step forward on the R, step L to R, step forward on the R,
- 5 6 7&8 Repeat , stepping forward L pivot 1/2 R , L shuffle forward, Right jazz box , step Right touch Left, step Left touch Right.
- 1234 cross R over L, step back on the L, step back on the R slightly apart, step forward for the L.
- 5678 step R to R side, touch L beside R, step R to R side, touch R beside L

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