Light On



拍數: 34 牆數: 2 級數: Intermediate NC2

編舞者: Debbie McLaughlin (UK) - April 2014

音樂: Light On - Rebecca Ferguson: (Album: Freedom - Bonus Track)



Count in: After 4 counts

7 8&

SIDE BACK ROCK, ¼ TURN SWEEP, CROSS BACK ½ TURN, STEP ½ TURN ¼ TURN BACK ROCK		
1 2&	Step L to L side, Rock R behind L, Recover onto R	
3 4&	Make ¼ turn R stepping R forward and sweeping L around, Cross L over R, Step R back	
5 6&	Make ½ turn L stepping L forward, Step R forward, Make ½ turn R stepping L back	

Make ¼ turn R stepping R to R side, Rock L behind R, Recover forward onto R

SIDE, CROSS ROCK SIDE ROCK BACK ROCK, SIDE BACK ROCK ¼ TURN, ½ TURN RUN RUN

1 2&	Step L big step to L side, Cross rock R over L, Recover onto L
3&4&	Rock R out to R side, Recover onto L, Rock R behind L, Recover onto L
5 6&	Step R big step to R side, Rock L behind R, Recover onto R
7 8&	Make ¼ turn R stepping back on L, Make ½ turn R stepping R forward, Step L forward

SWEEP, CROSS SIDE BEHIND, BEHIND 1/4 TURN STEP, FULL TURN ROCK RECOVER

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1 2&	Step R forward and sweep L around, Cross L over R, Step R to R side
3 4&	Cross L behind R and sweep R around, Cross R behind L, make ¼ turn L stepping L forward
5 6&	Step R forward (prep for full turn R), Make ½ turn R stepping L back, Make ½ turn R stepping
	R forward
7 8	Rock forward on L. Recover back onto R

1/4 TURN SWAY SWAY TOGETHER

1 2& Make ¼ turn L and sway L to L side, Sway to R, Step L beside R

WALK WALK STEP ½ TURN ¼ SWEEP, CROSS ROCK RECOVER, CROSS ¼ TURN ¼ TURN CROSS

12	Walk forward R, Walk forward L (Cross over slightly on the walks)
3 4&	Step R forward, Pivot ½ turn L taking weight forward onto L, Make ¼ L sweeping R around
5 6&	Cross R over L, Rock L out to L side, Recover onto R
7&8&	Cross L over R, Make 1/4 turn L stepping back on R, Make 1/4 turn L stepping L to L side,
	Cross R over L

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