Shine A Light (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Shaz Walton (UK) - 2010年12月
Music: Shine A Light - McFly &Taio Cruz

前奏： Start the dance 4 counts before vocals (16 counts)

第一段 Side. Cross rock. Recover. Coaster step. Forward rock. Recover. Shuffle forward.

1-2-3 Step right to right side. Cross rock left over right. Recover on right.
右足右踏, 左足於右足前交叉下沉, 右足回復

4&5 Step back left. Step back right. Step forward left.
左足後踏, 右足後踏, 左足前踏

6-7 Rock forward right. Recover left.
右足前下沉, 左足回復

8&1 Step forward right. Step left beside right. Step forward right.
右足前踏, 左足併踏, 右足前踏

第二段 Rock. Recover. Shuffle ½. Shuffle ½. Coaster step.

2-3 Rock forward left. Recover right.
左足前下沉, 右足回復

4&5 Shuffle ½ turn left stepping L-R-L
左180度轉交換-左, 右, 左

6&7 Shuffle ½ turn left, stepping R-L-R
左180度轉交換-右, 左, 右

8&1 Step back left. Step back right. Step forward left.
左足後踏, 右足後踏, 左足前踏

Restart 1. Wall 2- section 2 – step forward on left for count 8. Restart the dance facing the back wall. 第二面牆跳至止, 面向後面牆, 從頭起跳

第三段 Hold. Ball step. Hold. Ball. Rock. Recover. Coaster step.

2&3 Hold. Step right beside left. Step forward left.
候, 右足併踏, 左足前踏

4&5-6 Hold. Step right beside left. rock forward left . Recover on right.
候, 右足併踏, 左足前下沉, 右足回復

7&8 Step back left. Step back right. Step forward left.
左足後踏, 右足後踏, 左足前踏

第四段 Scuff. Hitch. Step. Coaster step. Scuff. Hitch. Step. Touch. ¼ left.

1&2 Scuff right forward. Hitch right slightly up. Step right back.
右足前擦踢, 右足略抬, 右足後踏

3&4 Step left back. Step right back. Step left forward.
左足後踏, 右足後踏, 左足前踏

5&6 Scuff right forward. Hitch right slightly up. Step right back.
右足前擦踢, 右足略抬, 右足後踏

7-8 Touch left behind. Make ¼ left dropping weight on left.
左足後點, 左轉90度重心在左足

第五段 Cross rock. Recover. Chasse right. Cross rock. Recover. ¾ turn left.

1-2 Cross rock right over left. Recover on left.
右足於左足前交叉下沉, 左足回復

3&4 Step right to right. Step left beside right. Step right to right.
右足右踏, 左足併踏, 右足右踏

5-6 Cross rock left over right. Recover on right.
左足於右足前交叉下沉, 右足回復

7-8 Make ¼ left stepping left forward. Make ½ left stepping right back
左轉90度左足前踏, 左轉180度右足後踏

第六段 ¼ Side. Drag. Ball cross side. Side drag. Ball cross side.

1-2 Make ¼ left taking a big step left. drag right to left.
左轉90度左足左一大步, 右足拖併

&3-4 Step right beside left. cross step left over right. Step right to right.
右足併踏, 左足於右足前交叉踏, 右足右踏

5-6 Make a big step left. drag right to left.
左足左一大步, 右足拖併

&7-8 Step right beside left. cross step left over right. Step right to right side. 右足併踏, 左足於右足前交叉踏, 右足右踏

restart 2. Wall 4- see below 第四面牆跳至此, 請看最後說明部份

第七段 ¼. Hold. Ball step hold. Ball. Rock. Recover. Sailor ¼ left.

1-2 Make ¼ left stepping left forward. Hold.
左轉90度左足前踏, 候

&3-4 Step right beside left. Step forward left. Hold.
右足併踏, 左足前踏, 候

&5-6 Step right beside left. Rock forward left. Recover right.
右足併踏, 左足前下沉, 右足回復

7&8 Sailor ¼ turn left. 左90度轉水手

第八段 Rock. Recover. Full triple right. Rock. Recover. ¾ triple left.

1-2 Rock forward right. Recover left.
右足前下沉, 左足回復

3&4 Make a full triple turn right, stepping R-L-R
三步右轉圈-右, 左, 右

5-6 Rock forward left. Recover right.
左足前下沉, 右足回復

7&8 Make ¾ triple turn left stepping L-R-L
三步左轉270度-左, 右, 左

Restart 2. Wall 4 – section 6 - dance the following ;
第四面牆的第六段, 改跳下面舞步後, 從頭起跳

¼ Side. Drag. Ball cross side. Side drag. Ball cross ¼ right.

1-2 make ¼ left taking a big step left. drag right to left.
左轉90度左足左一大步, 右足拖併

&3-4 step right beside left. cross step left over right. Step right to right.
右足併踏, 左足於右足前交叉踏, 右足右踏

5-6 make a big step left. drag right to left.
左足左一大步, 右足拖併

&7-8 step right beside left. cross step left over right starting to make ¼ right. Complete ¼ right touching right next to left – restart the dance facing the front.
右足併踏, 左足於右足前交叉踏, 右轉90度右足併點(面向前面牆, 從頭起跳)