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# La Lumiere

64 count, 2 wall, intermediate level Choreographer: Gaye Teather (UK) Jan 2008 Choreographed to: The Light In Our Soul by Helena Paparizou. CD: My Number One (132 bpm)

72 count intro. Start on the word "Why" on main vocals

# Heel switches Right & Left& touch side. Touch across. Touch side. Cross. Unwind 1/2 turn Left. Kick

- 1& Touch Right heel forward. Step Right beside Left.
- 2& Touch Left heel forward. Step Left beside Right
- 3 4 Touch Right toe to Right side. Touch Right toe across Left
- 5-6 Touch Right toe to Right side. Cross Right over Left
- 7-8 Unwind half turn Left (keeping weight on Right). Kick Left foot forward (Facing 6 o'clock)

#### Back rock. Shuffle forward. Full spiral turn Left. Shuffle forward

- 1-2 Rock back on Left. Recover onto Right
- 3&4 Step forward on Left. Step Right beside Left. Step forward on Left
- 5-6 Step forward on Right. On ball of Right spin a full turn Left hooking Left foot in front of Right shin (Facing 6 o'clock)
- (Option) Steps 5 6 can be replaced with Step forward Right. Hold
- 7&8 Step forward on Left. Step Right beside Left. Step forward on Left

#### Cross. Back. Shuffle 1 / 2 turn Right.1 / 4 turn Right. Tap. Side. Tap

- 1 2 Cross Right over Left. Step back on Left
- 3&4 Shuffle half turn Right stepping Right. Left. Right
- 5-6 Quarter turn Right stepping Left to Left side. Tap Right toe beside Left (angling body to Right diagonal) (Facing 3 o'clock)
- 7-8 Step Right to Right. Tap Left toe beside Right (angling body to Left diagonal)

#### Side rock. Cross shuffle. 1 / 2 turn Left. Shuffle forward

- 1 2 Rock Left to Left side. Recover onto Right
- 3&4 Cross Left over Right. Step Right to Right. Cross Left over Right
- 5-6 1/4 turn Left stepping back on Right. 1/4 turn Left stepping Left to Left side (Facing 9 o'clock)
- 7&8 Step forward on Right. Step Left beside Right. Step forward on Right

#### Heel switches x 4 turning 1 / 4 Right. Forward rock. Coaster step

- 1&2& Touch Left heel forward. Step Left beside Right. Turning slightly Right touch Right heel forward. Step Right beside Left
- 3&4& Turning slightly Right touch Left heel forward. Step Left beside Right. Turning slightly Right (to complete 1 / 4 turn Right) touch Right heel forward (Facing 12 o'clock). Step Right beside Left
- 5 6 Rock forward on Left. Recover onto Right
- 7&8 Step back on Left. Step Right beside Left. Step forward on Left

#### Step. Pivot 1 / 2 turn Left. Shuffle. Full turn Right. Shuffle

- 1-2 Step forward on Right. Pivot 1 / 2 turn Left
- 3&4 Step forward on Right. Step Left beside Right. Step forward on Right
- 5-6 1/2 turn Right stepping back on Left. 1/2 turn Right stepping forward on Right (Facing 6 o'clock)
- Option: Steps 5 6 can be replaced with 2 walks forward, Left. Right
- 7&8 Step forward on Left. Step Right beside Left. Step forward on Left

## Cross. Back. Back. Cross & cross & cross & cross. Flick behind

- 1-4 Cross Right over Left. Step back on Left. Step back on Right. Cross Left over Right
- &5 Step Right slightly back on Right diagonal. Cross Left over Right
- &6 Step Right slightly back on Right diagonal. Cross Left over Right
- &7 Step Right slightly back on Right diagonal. Cross Left over Right
- 8 Flick Right back and behind Left

## Right side rock. Behind-side-cross. Left side rock. Behind-side-step

- 1-2 Rock Right to Right side. Recover onto Left
- 3&4 Cross Right behind Left. Step Left to Left. Cross Right over Left
- 5 6 Rock Left to Left side. Recover onto Right
- 7&8 Cross Left behind Right. Step Right to Right. Step forward on Left

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