

Cyber Glow

Count: 64

Wall: 2

Level: Advanced

Choreographer: Fred Whitehouse (IRE) & Shane McKeever (IRE) - April 2026

Music: 24K Gold - Malou Prytz



Intro: 6 Counts, Start at approx 3 secs

Note: Start facing 1:30

Tag

SEC 1 Step, Hold, Step, ½ Pivot, ½ Back Sweep, Behind, ⅛, Side

- 1-2 Step right forward, hold (1:30)
- 3-4 Step left forward, pivot ½ right transferring weight onto right (7:30)
- 5-6 Turn ½ right step left back sweeping right from front to back over 2 counts (1:30)
- 7-8 Step right behind left, turn ⅛ left step left to left (12:00)

SEC 2 Cross, Hold, Side Rock Cross, Hold, ¼ Back, ½ Step

- 1-2 Cross right over left, hold
- 3-4 Rock left to left, recover weight on to right
- 5-6 Cross left over right, hold
- 7-8 Turn ¼ left step right back, turn ½ left step left forward (3:00)

SEC 3 ¼ Side, Hold, Back Rock, Side, Hold, ⅛ Coaster Step

- 1-2 Turn ¼ left step right to right, hold (12:00)
- 3-4 Rock left back, recover weight on to right
- 5-6 Step left to left, hold
- 7-8-1 Turn ⅛ right step right back, step left beside right, step right forward (1:30)

SEC 4 Hold, Step, Hold, Step, ½ Pivot, Step, ½ Pivot

- 2-3 Hold, step left forward
- 4-5-6 Hold, step right forward, pivot ½ left transferring weight onto left (7:30)
- 7-8 Step right forward, pivot ½ left transferring weight onto left (1:30)

SEC 5 Step, Hold, Step, ½ Pivot, ½ Back Sweep, Behind, ⅛, Side

- 1-2 Step right forward, hold
- 3-4 Step left forward, pivot ½ right transferring weight onto right (7:30)
- 5-6 Turn ½ right step left back sweeping right from front to back (1:30)
- 7-8 Step right behind left, turn ⅛ left step left to left (12:00)

SEC 6 Cross, Hold, Side Rock Cross, Hold, ¼ Back, ½ Step

- 1-2 Cross right over left, hold
- 3-4 Rock left to left, recover weight on to right
- 5-6 Cross left over right, hold
- 7-8 Turn ¼ left step right back, turn ½ left step left forward (3:00)

SEC 7 ¼ Side, Hold, Back Rock, Side, Hold, ⅛ Coaster Step

- 1-2 Turn ¼ left step right to right, hold (12:00)
- 3-4 Rock left back, recover weight on to right
- 5-6 Step left to left, hold
- 7-8-1 Turn ⅛ right step right back, step left beside right, step right forward (1:30)

SEC 8 Hold, Step, Hold, Step, ½ Pivot, Step, ½ Pivot

- 2-3 Hold, step left forward

- 4-5-6 Hold, step right forward, pivot $\frac{1}{2}$ left transferring weight onto left (7:30)
 7-8 Step right forward, pivot $\frac{1}{2}$ left transferring weight onto left (1:30)

SEC 9 Press

- 1-2-3-4 Press right forward

Arms: Raise arms forward and up over 3 counts palms in, roll wrists to palms out

Main Dance

SEC 1 $\frac{1}{8}$ Hip Bump, Back Pop, Step Lock Step, Step, $\frac{1}{4}$ Pivot, $\frac{1}{8}$ Side Rock Cross

- 1-2-3 Turn $\frac{1}{8}$ right touch right forward bumping right hip forward, bump right hip forward
 3 Step right back popping left knee forward
 4&5 Step left forward, lock right behind left, step left forward
 6-7 Step right forward, pivot $\frac{1}{4}$ left transferring weight onto left rolling hips anticlockwise (10:30)
 8&1 Turn $\frac{1}{8}$ left rock right to right, recover weight on to left, cross right over left (9:00)

SEC 2 Hold, Side, Behind, Hold, Together, Point Switches, Coaster Step

- 2&3 Hold, step left to left, step right behind left
 4 Hold
 &5 Step left beside right, point right to right
 &6 Step right beside left, point left to left
 &7 Step left beside right, point right to right
 8&1 Step right back, step left beside right, step right forward

SEC 3 Step, $\frac{1}{2}$ Pivot, $\frac{1}{2}$ Lock Step, Back Rock, $\frac{1}{2}$ Back, $\frac{1}{4}$ Side

- 2-3 Step left forward, pivot $\frac{1}{2}$ right transferring weight onto right (3:00)
 4&5 Turn $\frac{1}{2}$ right step left back, lock right behind left, step left back (9:00)
 6-7 Rock right back, recover weight on to left
 8-1 Turn $\frac{1}{2}$ left step right back, turn $\frac{1}{4}$ left step left to left (12:00)

SEC 4 Hold, Together, Side, Hold, Together, Hip Bumps, Touch Back, $\frac{1}{2}$ Unwind

- 2&3-4 Hold, step right beside left, step left to left, hold
 &5-6-7 Step right beside left, step left to left bumping left to left, bump hips right, bump hips left
 8-1 Touch right back, turn $\frac{1}{2}$ right transferring weight onto right (6:00)

SEC 5 Rock, Sweep, Behind, Side, $\frac{1}{8}$ Step, Step, Mambo Step

- 2-3 Rock left forward, recover weight on to right sweeping left from front to back
 4&5 Step left behind right, step right to right, turn $\frac{1}{8}$ right step left forward (7:30)
 6-7 Step right forward, step left forward
 8& Rock right forward, recover weight on to left

SEC 6 Batucadas, Sit, Step Flick

- 1-2& Step right back pressing left forward, recover weight on to right, step left behind right
 3-4& Press right forward, recover weight on to left, step left behind right
 5&a Press left forward, recover weight on to right, step left behind right
 6&a Press right forward, recover weight on to left, step right behind left
 7-8 Touch left forward sitting into right hip, step left forward flick right back

Restart Here on Wall 2

SEC 7 Step, Rock, $\frac{3}{8}$ Side Shuffle, Step, $\frac{1}{2}$ Pivot, Step Lock Step

- 1-2-3 Step right forward, rock left forward, recover weight on to right
 4&5 Turn $\frac{1}{4}$ left step left to left, step right beside left, turn $\frac{1}{8}$ left step left forward (3:00)
 6-7 Step right forward, pivot $\frac{1}{2}$ left transferring weight onto left (9:00)
 8&1 Step right forward, lock left behind right, step right forward

SEC 8 $\frac{1}{8}$ Drag, Step, $\frac{1}{4}$ Drag, Rocking Chair

- 2 Turn $\frac{1}{8}$ right drag left beside right (10:30)
- 3-4 Step left forward, turn $\frac{1}{4}$ left drag right beside left (7:30)
- 5-6 Rock right forward, recover weight on to left
- 7 Rock right back

Bridge Here on Wall 1, Dance the following then add count 64 and restart the dance

- 1-2 Circle right arm from back to front over 2 counts

- 8 Recover weight on to left

Tag At the end of Wall 3

Step, Hold, Step, $\frac{1}{2}$ Pivot, $\frac{1}{2}$ Back Sweep, Behind, $\frac{1}{8}$, Side

- 1-2 Step right forward, hold
- 3-4 Step left forward, pivot $\frac{1}{2}$ right transferring weight onto right
- 5-6 Turn $\frac{1}{2}$ right step left back sweeping right from front to back over 2 counts
- 7-8 Step right behind left, turn $\frac{1}{8}$ left step left to left

Cross, Hold, Side Rock Cross, Hold, $\frac{1}{4}$ Back, $\frac{1}{2}$ Step

- 1-2 Cross right over left, hold
- 3-4 Rock left to left, recover weight on to right
- 5-6 Cross left over right, hold
- 7-8 Turn $\frac{1}{4}$ left step right back, turn $\frac{1}{2}$ left step left forward

$\frac{1}{8}$ Step, $\frac{1}{4}$ Pivot, Step, $\frac{1}{4}$ Pivot, Step, Step, Press, Hold

- 1-2 Turn $\frac{1}{8}$ left step right forward, pivot $\frac{1}{4}$ left transferring weight onto left
- 3-4 Step right forward, pivot $\frac{1}{4}$ left transferring weight onto left
- 5-6 Step right forward, step left forward

Styling: Shimmy shoulders over 2 counts

- 7-8 Press right forward, raise both hands above head

Ending: On count 48 of wall 4 turn body a $\frac{1}{4}$ R as you step back and look over the R shoulder towards 12:00
