

Lightspeed

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Luc Janssens (BEL) - March 2014

Musik: Lightspeed - Karolien



Intro: Start after 16 counts

CROSS ROCK, RECOVER, R CHASSE 1/4 TURN R, CROSS ROCK, RECOVER, L CHASSE

- 1 - 2 Rock right cross over left, recover weight on left
- 3 & 4 1/4 turn right step right to right side, step left next to right, step right to right side
- 5 - 6 Rock left cross over right, recover weight on right
- 7 & 8 Step left to left side, step right next to left, step left to left side

SAILORSTEP, SAILORSTEP 1/4 TURN L, TOE STRUTS 4X 1/8 L

- 9 & 10 Step right behind left, step left to left side, step right right side
- 11 & 12 Step left 1/4 turn left behind right, step right to right side, step left slightly forward
- 13 & 14 & 1/8 turn left touch right toe forward, right heel down, 1/8 turn left touch left toe forward, left heel down
- 15 & 16 & 1/8 turn left touch right toe forward, right heel down, 1/8 turn left touch left toe forward, left heel down

HEEL STRUTS FWD 2X, ROCK STEP, RECOVER, STEP BACK, TOE STRUTS BACK 2X, L COASTERSTEP

- 17 & 18 & Touch right heel forward, right toes down, touch left heel forward, left toes down
- 19 & 20 Rock right forward, recover weight on left, step right back
- 21 & 22 & Touch left toe back, left heel down, touch right toe back, right heel down
- 23 & 24 Step left back, step right next to left, step left forward

CHARLESTON STEPS, RUMBABOX, L CHASSE 1/4 TURN L

- 25 - 26 Touch right toe cross over left, step right back
- 27 - 28 Touch left toe cross behind right, step left forward
- 29 & 30 Step right to right side, step left next to right, step right forward
- 31 & 32 Step left to left side, step right next to left, 1/4 turn left, step left forward

Start Again

Ending: In wall 10 dance up to count 32 and step right forward on turn 1/2 left (6:00)

Enjoy and have fun

Contact: luc.janssens13210@telenet.be