

Lightin Up

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Bob Bonett (USA)

Musik: Soak Up the Sun - Sheryl Crow



STEP CROSS, STEP CROSS, STEP CROSS, RONDE'

- &1-2 Step back on left, cross right over left, hold
- &3-4 Repeat &1-2
- &5-6 Repeat &3-4
- 7-8 Slide left foot around to cross over right and take weight

SIDE SHUFFLE, ROCK RECOVER, ½ PIVOT KICK BALL CHANGE

- 9&10 Side shuffle, right together left, right to side
- 11-12 Rock back on left, recover on right
- 13-14 Step forward on left, pivot half turn to right, weight on right
- 15&16 Kick left foot forward, step left in place, step right next to left

STRUTS WITH HIP BUMPS, SAILOR STEP, ½ TURN PIVOT

- 17&18 Step left toe forward step down left heel (bumping hips left, right, left)
- 19&20 Step right toe forward, step down right heel, (bumping hips right, left, right)
- 21&22 Step left behind right, step right to side, step left in place
- 23-24 Step forward right pivot ½ turn to left (weight on left)

ROCK RECOVER, ¾ SHUFFLE TURN, SIDE SHUFFLE, SYNCOPATED CROSS

- 25-26 Rock forward on right, recover on left
- 27&28 ¾ Turning shuffle to right, right left right
- 29&30 Shuffle to side left right left
- 31&32-- Step right behind left, step left to side, cross right over left

REPEAT

TAG

At end of first wall

- 1&2 Bump hips left, right, left
- 3&4 Bump hips right, left, right
- 5-6-7-8 Roll hips left, right, left, right (weight on right)

RESTART

After 10th wall do dance up to and including steps 19&20, then start from beginning
