

Heavy Liftin'

Count: 32

Wand: 4

Ebene: Improver west coast swing

Choreograf/in: Christopher Petre (USA)

Musik: Heavy Liftin' - Blake Shelton



When dancing to "Can't Break the Fall" by Joe Nichols, start before the lyrics when the beat kicks in. There are 8 additional counts on the 9th wall; on third time starting at the front wall, complete the first 8 counts of the dance ending with a STAMP (no weight!) and restart

SCUFF, KICK BALL CROSS, STAMP. SCUFF, KICK BALL CROSS, STOMP

- 1& Angle body to face 2:00, scuff right foot forward and hook right heel back to left shin
2&3 Kick right diagonally across left, towards front wall (12:00), step right in place, cross step left over right, traveling to right (3:00)
4 Stamp right in place, still facing 2:00. Weight stays on left
5& Scuff right forward and hook right heel back to left shin
6&7 Kick right diagonally across left, step right in place, cross step left over right traveling right as above
8 Square off to front wall as you stomp right to right side

Weight now on right

SAILOR STEP, SAILOR STEP, TOUCH BACK, UNWIND ½, COASTER STEP

- 1&2 Step left behind right, step right to right side, step left to left side
3&4 Step right behind left, step left to left side, step right forward
5-6 Touch left toe back, unwind ½ turn to left (6:00) keeping weight on right

Lift left heel

- 7&8 Step back left, step back right, step forward left

STEP ½ TURN, COASTER TURN, TOUCH, KICK, CROSSING SHUFFLE

- 1-2 Step forward right, turn ½ left, weight stays on right (12:00)
3&4 Step back on left, step back on right, take large step forward as you turn ¼ to left (9:00)
5-6 Touch right toe out to right, low kick right to right side
7&8 Cross step right over left, step left to left side, cross step right over left

AND VINE AND CROSSING SHUFFLE, STEP. ¼ TURN, CLAP, ¼ TURN, STAMP

- &1 Step left to left side, step right behind left
&2&3 Step left to left side, cross step right over left, step left to left side, cross step right over left
4 Step (or stomp) left to left side
5 Turn ¼ right (to 12:00) and step (or stomp) forward right
6 Hold and clap
7 Turn ¼ right (to 3:00) stepping left to left side
8 Stamp right next to left, weight stays on left.

REPEAT