

Lightning Strikes

Compte: 0

Mur: 4

Niveau: Improver

Chorégraphe: Gail McKenna (USA)

Musique: Lightning Does the Work - Chad Brock



Sequence: AB AB A TAG A

PART A

½ TURN HITCH TWICE, SHUFFLES

- 1-2 Step right foot forward pivoting ½ turn right while hitching left knee
3-4 Step left foot back pivoting ½ turn right while hitching right knee
5&6 Step right foot forward, step left foot together, step right foot forward (exaggerate hip movement)
7&8 Step left foot forward, step right foot together, step left foot forward (exaggerate hip movement)

KICK AND POINT TWICE, ½ TURN, OUT, OUT, IN, IN

- 9&10 Kick right foot forward, step right foot together, point left foot out to left side
11&12 Kick left foot forward, step left foot together, point right foot out to right side
13-14 Cross right foot over left foot, turn ½ turn left leaving weight on left foot
&15&16 Step right foot out to right side, step left foot out to left side. Step right foot to center, left foot to center

SHUFFLES, ½ TURN, KICK BALL CHANGE

- 17&18 Step right foot back, step left together, step right foot back
19&20 Step left foot back, step right foot together, step left foot back
21-22 Step right foot back pivoting ½ turn on right foot, step forward on left foot
23&24 Kick right foot forward, step right foot together, step left foot together

SHUFFLES, ½ TURN, KICKS

- 25&26 Step right foot back, step left foot together, step right foot back
27&28 Step left foot back, step right foot together, step left foot back
29-30 Step right foot back pivoting ½ turn on right foot, step forward on left foot
31-32 Kick right foot forward, kick right foot forward

¼ TURN, COASTER STEP, ½ TURN COASTER STEP

- 33-34 Step right foot forward, step left foot back turning ¼ turn left
35&36 Step right foot back, step left foot back, step right foot forward
37-38 Step left foot forward, pivoting ½ turn right on ball of left foot, step back on right foot
39&40 Step left foot back, step right foot back, step left foot forward

TOE HEEL STRUTS, ROCK AND STEP, CROSSING SHUFFLE

- 41-44 Cross right toe over left foot, drop right heel. Step left toe to left side, drop left heel
45&46 Cross rock right foot over left foot, rock back on left foot, step right foot to right side
47&48 Cross step right foot over left, step left foot to left side, cross step right foot over left

TAG

SIDE SHUFFLE, CROSSING SHUFFLE, SIDE SHUFFLE, ROCK STEP

- 1&2 Step right foot to right side, step left foot next to right, step right foot to right side.
3&4 Cross left foot in back of right foot, step right foot up to left foot, cross left foot in back of right
5&6 Step right foot to right side, step left foot next to right, step right foot to right side
7-8 Cross rock left foot over right, rock back onto right foot

SIDE SHUFFLE, CROSSING SHUFFLE, SIDE SHUFFLE, ROCK STEP

- 1&2 Step left foot to left side, step right foot next to left, step left foot to left side
- 3&4 Cross right foot over left foot, step right foot up to left, cross right foot over left foot
- 5&6 Step left foot to left side, step right foot next to left, step left foot to left side
- 7&8 Rock back onto right foot, rock forward onto left
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