

Thunder & Lightning

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Mike Cook (USA)

Musique: Lightning Does the Work - Chad Brock

SYNCOPATED HIP SWAY STRUTS (X 4)

- 1&2 Step forward on right & sway hip forward, sway hip back, sway hip forward
- 3&4 Step forward on left & sway hip forward, sway hip back, sway hip forward
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

When swaying, bend knees and form ovals with hips

REVERSE SYNCOPATED SKIP (BACKWARD SCOOT)

- &9 Lift right knee and scoot back on left foot; step down onto right foot
- &10 Lift left knee and scoot back on right foot; step down onto left foot
- &11 Lift right knee and scoot back on left foot; step down onto right foot
- &12 Lift left knee and scoot back on right foot; step down onto left foot

RIGHT VINE ENDING WITH A LEFT TOUCH

- 13-14 Step right to right side, step left behind right
- 15-16 Step right to right side, touch left next to right

LEFT SIDE ROMPS & STOMPS

- &17 Rock back on left, stomp right heel slightly forward
- &18 Step down on right, return and stomp left next to right
- &19 Repeat &17
- &20 Repeat &18

LEFT VINE WITH ¼ TURN LEFT ENDING WITH A RIGHT TOUCH

- 21-22 Step left to left side, step right behind left
- 23-24 Step ¼ turn left, touch right next to left

RIGHT SIDE ROMPS & STOMPS

- &25 Rock back on right, stomp left heel slightly forward
- &26 Step down on left, return and stomp right next to left
- &27 Repeat &25
- &28 Repeat &26

SYNCOPATED JUMP, CLAP, COASTER STEP

- &29-30 Jump forward on right foot, touch left next to right, clap
- 31&32 Step back on left, step right next to left, step forward on left

REPEAT
