

# Lightspeed

拍数: 32      墙数: 4      级数: Improver  
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音乐: 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**

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