

# Lighter Up

拍数: 48      墙数: 2      级数: Improver  
编舞者: Denys BEN (FR) & Marie-France BEN (FR) - October 2020  
音乐: Lighter Up - Darius Rucker



Intro - 16 counts

\*1 Restart the 5th wall after the 3rd section

**Section 1: Rock step right side, cross right over left, left side, kick right diagonal right Stomp right, Stomp left forward, ¼ turn swive the right, ¼ turn left the Swive,**

1-2            Rock right to the right side, recover left  
3 & 4          Cross right over left, Step left to the left side, Kick right diagonally right,  
5 - 6          Stomp right beside left - Stomp left forward  
7 - 8          The Swivel : Rotate right, left to right in ¼ turn right (7) Rotate right, left left ¼ turn left (8)

**Section 2: Kick right forward, Right step back, left back Lock Shuffle, Rock step right side, Cross left triple**

1-2            Kick right forward, Step right behind  
3 & 4          Lock chased back, Left over right, right step back, left over right  
5 - 6          Rock step right to the right side, return on left  
7 & 8          Cross right over left, step to the left side, Cross right over left

**Section 3: Left step side left, right step together, step left side left with bump, bump, right, bump left , Rock step right back, right Side dot, dot right next to left, Point right Side**

1-2            Step left to left, Step right next to left  
3 & 4          Step left to left with bump left, bump right, left bump  
5 - 6          Rock right behind left, recover on left  
7 & 8          Right point to the right, Point right next to left, Point on the right side

Restart here 5 th wall 12:00

**Section 4: Right step next to left, left step back, unwind ½ turn left, right step forward, flick left back Left step back, right Hook, Right Step forward, Hitch left, ½ turn right, step left next to right**

& 1-2          Step right beside left, Step left behind right, unwind ½ turn left  
3 - 4          Step right forward, flick left behind right,  
5 - 6          Step left back, Cross right over left leg  
7 & 8          Step right forward, Hitch left, ½ turn right, Left step next to right

**Section 5: Heel switch point switch, step left next to right, right step right side, Left step next to right, triple step right side**

1 & 2          right heel forward, right heel next to left, left heel forward  
& 3 & 4          left next to right, Right Point on the right side, right next to left, left Point on the left side  
& 5-6          Step left next to right, Step right to the right side, Step left next to right  
7 & 8          chasse right : right step on the right, left next to right, right on the right

**Section 6: Triple step forward left diagonal left, triple step ½ turn left back, Triple step left back, rock step right back**

1 & 2          Shuffle diagonally left, left, right, left  
3 & 4          shuffle ½ left back, right back, left over right, step right back  
5 & 6          Shuffle back, left, right, left  
7 - 8          Rock step back right, recover left