

# Lightweight

拍数: 80      墙数: 2      级数: Phrased Intermediate  
编舞者: Christie Lim (MY) & Peter Reber (SA) - September 2016  
音乐: Lightweight - Demi Lovato : (Album: Unbroken - iTunes or Amazon - see Note below \*\*)



Sequence: A B C / A B C / A(24) Tag(2) / C B(16)

Start after 32 counts

## Part A (32 count)

**A1: Walk, Walk, Walk, 3/4 turn R, Cross, 3/4 turn R, Lock step RLR**

1 2&      Walk R, walk L, walk R  
3 4&      Step L fwd with 1 / 2 turn R, 1 / 4 turn R step R, together  
5 6      Cross RF over LF, Step LF L,  
7 8&1      3 / 4 turn R (hook RF over LF) step RF fwd, Lock LF behind RF, step RF fwd (6:00)

**A2: Coaster step, Rock, Recover, Side, Vine with cross, 3/4 Unwind L, 1/4 L, R side**

2 & 3      Step LF back, together, step LF fwd,  
4 & 5      step RF fwd, Recover, 1/4 turn R step RF to R,  
6 & 7      cross LF behind RF, step RF to R, cross LF over RF  
8 & 1      3/4 turn L, step LF fwd, 1/4 turn L step RF side (9:00)

**A3: Back rock, Recover, Side, (2x) L behind, Sweep, 1/4 Turn L, Walk, Walk**

2 & 3      back rock, recover, LF side  
4 & 5      back rock, recover, RF side  
6      LF behind  
7 & 8      RF sweep, 1 / 4 turn L step LF fwd, step RF fwd (6:00)

**A4: L fwd, 1/2 turn L on LF with sweep, Lock step RLR, Pivot 1/2 turn, Shuffle full turn**

1 2      LF fwd, 1 / 2 turn on LF with sweep of RF (bend knees)  
3 & 4      RF fwd, LF lock behind, RF fwd  
5 & 6      LF fwd, Pivot 1 / 2 turn R, step LF fwd  
7 & 8      1 / 2 turn L, 1 / 2 turn L, step RF fwd (6:00)

## Part B: (16 count)

**B1: Diamond turning L; cross, Side, Back, Back, Side, Fwd (2x)**

1 & 2      LF across RF, RF side, 1 / 8 turn L LF back (4:30)  
3 & 4      RF back, 1 / 8 turn L LF side, RF fwd (1:30)  
5 & 6      LF across RF, RF side, 1 / 8 turn L LF back (10:30)  
7 & 8      RF back, 1 / 8 turn L LF side (9:00), 1/4 turn L RF fwd (6:00)

**B2: Rock, Recover, Side, 1/4 turn cross rock, Recover side, Back, Side, Cross**

1      LF fwd  
2 & 3      RF rock fwd, Recover, RF side  
4 & 5      1 / 4 R sweep LF to front into a cross rock, recover, LF side (9:00)  
6 & 7 & 8      RF back rock, recover, RF big step side, together, cross RF over LF

## Part C (32 count)

**C1: L Fwd, 1/2 turn, Together, Back, 1/4 R, Point L, Sway 2x, 1/4 L LF fwd, 1/2 Turn L step RF back, Step back on LF**

1 2      1 / 4 turn L step LF fwd, 1 / 2 turn L on LF (RF next to LF) (12:00)  
3 & 4      LF back, 1 / 4 turn R step RF to R, LF point toe L (3:00)

5 6 Sway L, Sway R  
7 & 8 1/4 turn L step LF fwd, 1/2 turn step RF back, Step LF back (6:00)

**C2: Sweep (2x), Side, 1/2 turn R, Side, Rock, Recover, 1/4 turn L, 1/4 Turn L, Fwd,**

1 1/2 Turn L, LF fwd  
1 2 step RF fwd, sweep LF across RF,  
3 & 4 sweep RF across LF, 1/4 turn R step LF back, 1/4 turn R RF to side (12:00)  
5 & 6 cross LF over RF, Recover, 1/4 turn L step LF fwd (9:00)  
& 7 & 8 1/4 turn L (step RF together), LF fwd, 1/2 turn L (step RF together), LF fwd (12:00)

**C3: Cross, Recover, Side (2x), R over L, Full turn unwind, Sway (2x)**

1 & 2 cross rock RF over LF, Recover, RF side  
3 & 4 cross rock LF over RF, Recover, LF side  
5 6 cross RF over LF, Full turn unwind L  
7 8 Sway L, Sway R□ (12:00)

**C4: Pivot 1/2 turn R, Reverse coaster, Back, Recover, Kick, Walk, Step together**

1 2 LF fwd, Pivot 1/2 turn R step RF fwd (6:00)  
3 & 4 LF fwd, RF Together, LF back  
5 & 6 & Step RF back, recover, Kick RF, Step RF next to LF  
7 step LF fwd  
8 RF next to LF

**Tag**

1 2 Sway, Sway

**\*\* Note:**

The original music is very slow to dance to.

We suggest that you speed up the music by roughly 8% (as used in the demo) through suitable software.

We have created a version where the tempo is increased without altering the pitch.

**Contacts:-**

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