

拍数: 32      墙数: 4      级数: Intermediate  
 编舞者: Trevor Thornton (USA) & Candee Seger (USA) - October 2016  
 音乐: Lit - Trace Adkins



Seq: 40, 32, 40, 32, 40, 32 (\*Repeat last 8), 40(+Repeat bonus), 32, 32

Intro: 32 counts

**[1-8]: Slide 1/2 Hinge Hitches R (2x), Rock, Recover, Cross, Hold, Ball, Cross**

1,2            Slide R to right side (1), turn 1/2 right hitching L knee up (2)  
 3,4            Slide L to left side (3), turn 1/2 right hitching R knee up (4)  
 5&6          Rock R to right side (5), recover L (&), cross R over L (6)  
 7&8          Hold (7), recover L (&), cross R over L (8)

**[9-16]: 1/4 L Rock, Recover, Coaster, Full Turn L, Shuffle Forward (run, run, run)**

1,2            1/4 left rock forward L (1), recover R (2)  
 3&4          Step L back (3), step R next to L (&), step L forward (4)  
 5,6            1/2 left step back R (5), 1/2 left step forward L (6)  
 7&8          Step R forward, step L forward, step R forward □ - 9:00

**[17-24]: Rock, Recover, 1/2 L Shuffle, Kick, Step, Lock, Step, Step, 1/4 R, Cross**

1,2            Rock L forward, recover R  
 3&4          1/2 left shuffle turn step on L, step R forward, step L forward  
 5&6&        Kick R forward (5), step on R (&), step L behind R (6), step on R (&)  
 7&8          Step L forward (7), 1/4 right step R to right side (&), cross L over R (8) □ 6:00

**[25-32]: Lunge R, Recover, Behind, Side, Cross, 1/4 L, 1/2 L, Sailor w/Cross**

1,2            Lunge R to right (upper torso rolling w/ lunge), recover L  
 3&4          Step R behind L (3), step L to left side (&), cross R over L (4)  
 5,6            1/4 turn left step forward L, 1/2 turn left step back R  
 7&8          Sweep L behind R, step R next to L, cross L over R - 9:00

**\*WALL 6: Repeat counts 25-32 (instrumental section begins this portion)**

**+BONUS:**

**[33-40]: Kick Hook, Kick Flick, Kick Hitch, Step, Hold (5), Ball Step, Tap (2x), Flick**

1&2&        Kick R forward (1), Hook R over L (&), Kick R forward (2), Flick R toe back (&)  
 3&4          Kick R foot forward (3), hitch R knee up (&), step R to right side (4)  
 5&6          Hold (5), step L next to R (&), step R to right side (6)  
 7&8          Tap R heel to floor 2x (7&), Flick R toe back (8)