

Lit In The Sticks

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Lit in the Sticks - Ryan Langdon



Intro: 16 counts.

[1-8] CROSS ROCK STEP, RECOVER, 1/2 TURN R and SHUFFLE FWD, ROCK STEP, RECOVER, TOGETHER, HEEL, TOGETHER, STOMP

1-2 Cross rock R over L, recover on L
3&4 1/2 turn to right and shuffle R,L,R forward (6:00)
5-6 Rock step L forward, recover on R
&7 Step L together R, heel R forward
&8 Step R together L, stomp L forward on the floor

Restart : At the 4th and 8th repetition, after 8 counts (9h &12h), restart the dance from the top.

[9-16] ROCK STEP, SHUFFLE in 3/4 TURN R, CROSS, BACK, SIDE, CROSS, POINT

1-2 Rock step R forward, recover on L
3&4 Shuffle R,L,R in 3/4 turn to right (3:00)
5-6 Cross L over R, step R back
&7-8 Step L to left, cross R over L, point L to left

Restart : At the 2nd repetition, after 16 counts (12h), bring step L together R and restart from the top.

[17-24] TOUCH BEHIND, POINT SIDE, BODY ROLL, CROSS, POINT, SAILOR STEP

1-2 Touch ball L behind R, point L to left
3-4 Flex knees in rolling hips from right to left and up and down, get up on count 4
5-6 Cross L behind R, point R to right
7&8 Cross R behind L, step L to left, step R on place

[25-32] STEP, PIVOT 1/2 TURN R, SHUFFLE FWD, KICK-OUT-OUT, IN-IN, OUT-OUT

1-2 Step L forward, pivot 1/2 turn to right
3&4 Shuffle L,R,L forward (9:00)
5&6 Kick R forward, step R outside to right, step L outside to left
&7&8 Step R to center, step L to center, step R outside to right, step L outside to left

**DANCE AND HAVE FUN !
GUY DUBE**

Last Update – 6 Sept. 2019