

Weightless!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Bracken Heidenreich (USA) - February 2023
音乐: The Lows - Cochren & Co. : (Single)



Intro: 16 counts

Alternate music: Weightless by Landry Cantrell (3:16 min, Album: Glasshouse, Intro 16 counts, Restarts on walls 1 and 8 after 16 counts)

SECTION 1: CROSS, SIDE, BEHIND SIDE, PRESS, SWEEP 1/4, BEHIND, BALL SIDE, CROSS TRIPLE

1,2 Step Right across left; Step Left to left side
3&4 Step Right behind left; Step Left to left side; Press Right forward
5 Recover on Left in place while sweeping Right back with 1/4 turn right (3:00)
6 Step Right behind
7& Step ball of Left to left side; Step Right to right side
8&1 Step Left across right; Close Right next to left; Step Left across right

SECTION 2: HIP, HIP, CIRCLE UP AND AROUND, SHIFT, SWEEP

For all of Section 2, use body/shoulder action to accentuate the music and hit the sweep on 8.

2,3 Step Right to right side pushing hip to right; Shift weight to Left pushing hip to left
4 Shift weight fully to Right pushing hip to right
5,6 Rise on balls of both feet while moving body up and over to left (like a ferris wheel), shifting weight to Left and ending with feet flat on ground
7 Continue "ferris wheel" circle to shift weight to Right
8 Step Left in place while sweeping Right around to front

SECTION 3: CROSS BACK, & CROSS BACK, & CROSS SIDE ROCK CROSS, HITCH

1,2 Step Right across left; Step Left back
&3 Step Right to right side; Step Left across right
4 Step Right back
&5 Step Left back; Step Right across left
&6& Rock Left to side; Recover on Right in place; Step Left across right
7 Gracefully hitch Right next to left knee

SECTION 4: RUN, RUN, ROCK, SWEEP BACK BACK, COASTER STEP, PREP, SPIN

8&1 Step Right to forward left diagonal (1:30); Close Left next to right; Rock Right forward
2 Recover on Left in place, sweeping Right back
3 Step Right back, sweeping Left back
4 Step Left back, sweeping Right back
5& Step Right back; Step Left next to right
6 Square up to 3:00 wall stepping Right across left (3:00)
7 1/4 turn left stepping Left forward (prep for turn) (12:00)
8 Pull Right next to left to spin 3/4 turn left on Left (3:00)

ENJOY THE DANCE!

Stepsheet 02/09/2023