

Keep It Lit

拍数: 88
编舞者: Fabian Müller (CH) - 2020
音乐: Keep It Lit - Tegan Marie

墙数: 0

级数: Phrased Advanced



SEQ: A – A – B – C – A – B – C – Tag – A – B – Ending

Part A: 32c

Sect 1 SHUFFLE FORWARD, KICK BALL CROSS, ¼ TURN ROCK, RECOVER, ¼ TURN STEP BACK, COASTER STEP

- 1 & 2 Step forward R – Close L behind R – Step forward R
- 3 & 4 Kick L diagonal left – Step on ball of L foot – Cross R in front of L
- 5 & 6 ¼ Turn left rock forward L – Recover R – ¼ Turn left step back L
- 7 & 8 Step back R – Close L next to R – Step forward R

Sect 2 SHUFFLE FORWARD, SHUFFLE ½ TURN, COASTER STEP, KICK BALL CROSS

- 1 & 2 Step forward L – Close R behind L – Step forward L
- 3 & 4 ¼ Turn left side step R – Close L next to R – ¼ Turn left step back R
- 5 & 6 Step back L – Close R next to L – Step forward L
- 7 & 8 Kick R diagonal right – Step on ball of R foot – Cross L in front of R

Sect 3 SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, BEHIND, SIDE, CROSS

- 1 – 2 Side rock step R – Recover L
- 3 & 4 Cross R behind L – Step side L – Cross R in front of L
- 5 – 6 Side rock step L – Recover R
- 7 & 8 Cross L behind R – Step side R – Cross L in front of R

Sect 4 ROCK STEP, COASTER STEP, ROCKING CHAIR, STEP, STOMP

- 1 – 2 Rock step forward R – Recover L
- 3 & 4 Step back R – Close L next to R – Step forward R
- 5 & 6 & Rock step forward L on heel – Recover R – Rock back L – Recover R
- 7 – 8 Step forward L – Stomp up R next to L

Part B: 40c

Sect 1 RUNNING MAN (JUMP OUT FORWARD, HITCH, JUMP OUT FORWARD), FLICK, JUMP OUT TO SIDE, JUMP CROSS, JUMP OUT TO SIDE, FLICK, 3 X HEEL, FLICK, SIDE STEP, SLIDE

- & Hitch R slightly up next to L
- 1 & Jump both feet out R in front and L back – Jump on R and hitch L next to R
- 2 & Jump both feet out L in front and R back – Jump on L and Flick R behind L
- 3 & Jump both feet out R to right side and L to left side – Jump and cross R in front of L, weight on both feet
- 4 & Jump both feet out R to right side and L to left side – Jump on L foot and flick R behind L
- 5 & Heel R forward – Heel L forward
- 6 & Heel R forward – Flick R behind L
- 7 – 8 Big step to right side R – Slide L next to R

Sect 2 KICK, CROSS, STEP BACK, BACK ROCK, RECOVER, STOMP UP, KICK, FLICK, KICK, KICK, FLICK, STOMP

- 1 & Kick L forward – (Jumping) Cross L in front of R
- 2 a (Jumping) Step back R – Jumping back rock L
- 3 Recover on R and Flick L to side
- 4 Stomp up L next to R
- 5 & Kick L diagonal to left side – Jump to side left on L and flick R behind L

- 6 a Jump to side left on R and kick L diagonal to left side – Jump on L and Kick R diagonal to right side
- 7 – 8 Jump on R and flick L to side – Stomp up L next to R

Sect 3 RUNNING MAN (JUMP OUT FORWARD, HITCH, JUMP OUT FORWARD), FLICK, JUMP OUT TO SIDE, JUMP CROSS, JUMP OUT TO SIDE, FLICK, 3 X HEEL, FLICK, SIDE STEP, SLIDE

- & Hitch L slightly up next to R
- 1 & Jump both feet out L in front and R back – Jump on L and hitch R next to L
- 2 & Jump both feet out R in front and L back – Jump on R and Flick L behind R
- 3 & Jump both feet out L to left side and R to right side – Jump and cross L in front of R, weight on both feet
- 4 & Jump both feet out L to left side and R to right side – Jump on R foot and flick L behind R
- 5 & Heel L forward – Heel R forward
- 6 & Heel L forward – Flick L behind R
- 7 – 8 Big step to left side L – Slide R next to L

Sect 4 KICK, CROSS, STEP BACK, BACK ROCK, RECOVER, STOMP UP, KICK, FLICK, KICK, KICK, FLICK, STOMP

- 1 & Kick R forward – (Jumping) Cross R in front of L
- 2 a (Jumping) Step back L - Jumping back rock R
- 3 Recover on L and Flick R to side
- 4 Stomp up R next to L
- 5 & Kick R diagonal to right side – Jump to side right on R and flick L behind R
- 6 a Jump to side right on L and kick R diagonal to right side – Jump on R and Kick L diagonal to left side
- 7 – 8 Jump on L and flick R to side – Stomp up R next to L

Sect 5 ¼ TURN ROCK STEP, ½ TURN ROCK STEP, ½ TURN ROCK STEP, ¼ TURN STEP, STOMP, HOLD 3x

- 1 – 2 ¼ Turn left and rock forward R – ½ Turn right and rock forward R
- 3 – 4 ½ Turn right and rock forward R – ¼ Turn right step forward R
- 5 – 6 Stomp L forward – Hold
- 7 – 8 Hold – Hold

Part C: 16c

Sect 1 JUMPING ROCK STEP, ½ TURN ROCK, ½ SHUFFLE TURN, FLICK & SLAP, STOMP, SWIVEL, ½ TURN, DOROTHY STEP

- 1 – 2 Jump forward slightly diagonal with rock step R – ½ Turn right rock forward R
- 3 & 4 & ½ Turn right step forward R – Close L behind R – Step forward R – Flick L to side and slap with L hand
- 5 – 6 Stomp up L next to R – Swivel L heel to left side – Swivel L back to center – ½ Turn left, weight on R foot
- 7 – 8 & Step forward L – Lock R behind L – step forward L

Sect 2 JUMPING ROCK STEP, ½ TURN ROCK, ½ SHUFFLE TURN, FLICK & SLAP, STOMP, SWIVEL ½ TURN, HEEL STRUT

- 1 – 2 Jump forward slightly diagonal with rock step R – ½ Turn right rock forward R
- 3 & 4 & ½ Turn right step forward R – Close L behind R – Step forward L – Flick L to side and slap with L hand
- 5 – 6 Stomp L next to L – Swivel L heel to left side – Swivel L back to center – ½ Turn left, weight on R foot
- 7 – 8 Heel forward L – Put weight on L foot

Tag

Sect 1 STOMP, FLICK & SLAP, STOMP, KICK, KICK, CROSS, HITCH, STOMP, FLICK & SLAP, STOMP, KICK, KICK, CROSS, HITCH

- 1 & 2 Stomp forward R – Flick L behind R and slap with R hand – Stomp back L
- 3 & 4 & Kick forward R – Kick forward L – Cross L in front of R – Jump on R and hitch L in front of R
- 5 & 6 Stomp forward L – Flick R behind L and slap with L hand – Stomp back R
- 7 & 8 & Kick forward L – Kick forward R – Cross R in front of L – Jump on L and hitch R in front of L

Sect 3 STOMP, FLICK & SLAP, STOMP, KICK, KICK, CROSS, HITCH, SWIVEL, SWIVEL

- 1 & 2 Stomp forward R – Flick L behind R and slap with R hand – Stomp back L
- 3 & 4 & Kick forward R – Kick forward L – Cross L in front of R – Jump on R and hitch L in front of R
- 5 – 6 Step forward L and Swivel L heel to left side, weight on R foot – Swivel L heel back to center
- 7 – 8 Step forward R and Swivel both heel to right side – Swivel both feet back to center, weight on L foot

Sect 3 STEP BACK, SLIDE, HOLD 6x

- 1 – 2 Big step back R – Slide L slightly next to R
 - 3 – 4 Hold - Hold
 - 5 – 6 Hold - Hold
 - 7 – 8 Hold – Hold
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