

# Trip The Light

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Jill Weiss (USA) - August 2014  
音乐: Trip the Light (feat. Alicia Lemke) - Garry Schyman



**Intro : 64 counts - No Tags Or Restarts**

**STEP, HOLD, BALL CHANGE, ROCK RECOVER 1 ½ TURN L (OPTION ½ TURN, 2 STEPS FORWARD)**

1, 2            Step forward right, HOLD  
&3            Quick step (ball change) left forward, step forward right  
4-5-6        Rock forward left, recover right, HOLD  
&-7-8        Turn ½ left stepping forward left, continue turning left, stepping back right then stepping forward left (option with ½ turn only: turn ½ left and walk forward R, L) (6:00)

**ROCK, HOLD, RECOVER, DRAW, STEP SIDE RIGHT, DRAG LEFT, BEHIND, SIDE, CROSS**

1, 2, 3, 4    Rock forward on R, HOLD, recover back to L, draw R back next to left (weight stays on left)  
5-6        Step right to right, drag left next to right  
&7-8        Step left behind, right side, left cross in front (6:00)

**SIDE ROCK, HOLD, STEP SIDE, BEHIND, TURN ¼ , PREP RIGHT, FULL TURN, STEP FORWARD**

1-2        Rock R to right, HOLD  
&3-4       Recover to L, step right behind, turn ¼ left and step left (3:00)  
5-6        Step right as prep (turn toes toward right angle), HOLD  
&7-8       Turn ½ right stepping back on left, continue 1/2 right stepping R forward, step left forward (3:00)

**STEP, HOLD, BALL CHANGE, ROCKING CHAIR, STEP FORWARD (OPTION FOR PIVOT TURNS)**

1, 2        Step R forward, HOLD  
&3        Quick step (ball change) left forward, step forward right  
4-5-6-7-8   Step forward left, pivot ½ right, step forward left, pivot ½ right, step forward left (3:00)  
( Option for rocking chair: Rock forward on left, recover right, rock back on left, recover right, step forward left)

**SYNCOPATED MAMBO, ¼ LEFT, CROSS ROCK, RECOVER, TURN ¼ AND ½**

1-2        Rock R forward, HOLD  
&3-4       Recover to L, step back on R, turn ¼ left stepping side left (12:00)  
5-6        Cross rock R over L, HOLD  
&7-8       Recover left, step right forward turning ¼ right (3:00), step back on left turning ½ right (9:00)

**STEP BACK, SWEEP, BACK, SWEEP, STEP BEHIND, HOLD, CROSS ROCK, RECOVER**

1-2-3-4    Step back right, sweep left front to back, step back on left, sweep right front to back  
5-6        Step right behind, HOLD  
&7-8       Step left to left, cross rock right over left, recover to left (9:00)

**SYNCOPATED CHASSE RIGHT, CROSS ROCK, RECOVER, SYNCOPATED CHASSE LEFT WITH ¼ TURN LEFT**

1-2        Step right, HOLD  
&3-4       Step left next to right, step right, cross rock left over right  
5-6        Recover to right, HOLD  
&7-8       Step left side, step right next to left, turn ¼ left and step left (6:00)

**STEP, HOLD, PIVOT ¼ LEFT, HOLD, STEP (PREP), HOLD, FULL TURN, STEP FORWARD**

1-2-3-4    Step right forward, HOLD, pivot ¼ left (3:00) HOLD  
5-6        Step forward right (prep for turn), HOLD

&7-8            Step back on left turning  $\frac{1}{2}$  right, step forward on right turning  $\frac{1}{2}$  right, step forward left (3:00)

**Dance on 8 walls, no tags or restarts, final 32 counts is a slower tempo – continue dance as written at the slower tempo. The dance will end perfectly on the front wall.**

Contact: [jill@freespindance.com](mailto:jill@freespindance.com)

---