

Lightweight

拍數: 80 牆數: 2 級數: Phrased Intermediate
編舞者: Christie Lim (MY) & Peter Reber (SA) - September 2016
音樂: Lightweight - Demi Lovato : (Album: Unbroken - iTunes or Amazon - see Note below **)



Sequence: A B C / A B C / A(24) Tag(2) / C B(16)

Start after 32 counts

Part A (32 count)

A1: Walk, Walk, Walk, 3/4 turn R, Cross, 3/4 turn R, Lock step RLR

1 2& Walk R, walk L, walk R
3 4& Step L fwd with 1 / 2 turn R, 1 / 4 turn R step R, together
5 6 Cross RF over LF, Step LF L,
7 8&1 3 / 4 turn R (hook RF over LF) step RF fwd, Lock LF behind RF, step RF fwd (6:00)

A2: Coaster step, Rock, Recover, Side, Vine with cross, 3/4 Unwind L, 1/4 L, R side

2 & 3 Step LF back, together, step LF fwd,
4 & 5 step RF fwd, Recover, 1/4 turn R step RF to R,
6 & 7 cross LF behind RF, step RF to R, cross LF over RF
8 & 1 3/4 turn L, step LF fwd, 1/4 turn L step RF side (9:00)

A3: Back rock, Recover, Side, (2x) L behind, Sweep, 1/4 Turn L, Walk, Walk

2 & 3 back rock, recover, LF side
4 & 5 back rock, recover, RF side
6 LF behind
7 & 8 RF sweep, 1 / 4 turn L step LF fwd, step RF fwd (6:00)

A4: L fwd, 1/2 turn L on LF with sweep, Lock step RLR, Pivot 1/2 turn, Shuffle full turn

1 2 LF fwd, 1 / 2 turn on LF with sweep of RF (bend knees)
3 & 4 RF fwd, LF lock behind, RF fwd
5 & 6 LF fwd, Pivot 1 / 2 turn R, step LF fwd
7 & 8 1 / 2 turn L, 1 / 2 turn L, step RF fwd (6:00)

Part B: (16 count)

B1: Diamond turning L; cross, Side, Back, Back, Side, Fwd (2x)

1 & 2 LF across RF, RF side, 1 / 8 turn L LF back (4:30)
3 & 4 RF back, 1 / 8 turn L LF side, RF fwd (1:30)
5 & 6 LF across RF, RF side, 1 / 8 turn L LF back (10:30)
7 & 8 RF back, 1 / 8 turn L LF side (9:00), 1/4 turn L RF fwd (6:00)

B2: Rock, Recover, Side, 1/4 turn cross rock, Recover side, Back, Side, Cross

1 LF fwd
2 & 3 RF rock fwd, Recover, RF side
4 & 5 1 / 4 R sweep LF to front into a cross rock, recover, LF side (9:00)
6 & 7 & 8 RF back rock, recover, RF big step side, together, cross RF over LF

Part C (32 count)

C1: L Fwd, 1/2 turn, Together, Back, 1/4 R, Point L, Sway 2x, 1/4 L LF fwd, 1/2 Turn L step RF back, Step back on LF

1 2 1 / 4 turn L step LF fwd, 1 / 2 turn L on LF (RF next to LF) (12:00)
3 & 4 LF back, 1 / 4 turn R step RF to R, LF point toe L (3:00)

5 6 Sway L, Sway R
7 & 8 1/4 turn L step LF fwd, 1/2 turn step RF back, Step LF back (6:00)

C2: Sweep (2x), Side, 1/2 turn R, Side, Rock, Recover, 1/4 turn L, 1/4 Turn L, Fwd,

1 1/2 Turn L, LF fwd
1 2 step RF fwd, sweep LF across RF,
3 & 4 sweep RF across LF, 1/4 turn R step LF back, 1/4 turn R RF to side (12:00)
5 & 6 cross LF over RF, Recover, 1/4 turn L step LF fwd (9:00)
& 7 & 8 1/4 turn L (step RF together), LF fwd, 1/2 turn L (step RF together), LF fwd (12:00)

C3: Cross, Recover, Side (2x), R over L, Full turn unwind, Sway (2x)

1 & 2 cross rock RF over LF, Recover, RF side
3 & 4 cross rock LF over RF, Recover, LF side
5 6 cross RF over LF, Full turn unwind L
7 8 Sway L, Sway R□ (12:00)

C4: Pivot 1/2 turn R, Reverse coaster, Back, Recover, Kick, Walk, Step together

1 2 LF fwd, Pivot 1/2 turn R step RF fwd (6:00)
3 & 4 LF fwd, RF Together, LF back
5 & 6 & Step RF back, recover, Kick RF, Step RF next to LF
7 step LF fwd
8 RF next to LF

Tag

1 2 Sway, Sway

**** Note:**

The original music is very slow to dance to.

We suggest that you speed up the music by roughly 8% (as used in the demo) through suitable software.

We have created a version where the tempo is increased without altering the pitch.

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