

# The Weight

拍數: 40      牆數: 4      級數: High Beginner  
編舞者: Antoinette Claassens (NL) - February 2021  
音樂: The Weight - Danny Vera



**Intro: 16 counts, dance starts 2 counts before the song**

**L side rock, recover, cross behind-side-cross over, R side rock, recover, cross behind-side-step ¼ L fwd**

1 - 2      LF rock L - recover on RF  
3 & 4      LF cross behind, RF step aside, LF cross over  
5 - 6      RF rock R - recover on LF  
7 & 8      RF cross behind, LF step aside, RF step ¼ turn L fwd \*

**Rock fwd, recover, shuffle back, step ½ turn R fwd, step ½ turn R back, cross behind-side-cross over**

1 - 2      LF rock fwd - recover on RF  
3 & 4      LF step back, RF close, LF step back  
5 - 6      RF step fwd ½ turn R, LF step back ½ turn R  
7 & 8      RF cross behind, LF step aside, RF cross over

**Side rock, cross shuffle L & R**

1 - 2      LF rock L - recover on RF  
3 & 4      LF cross over, RF step behind, LF cross over  
5 - 6      RF rock R - recover on LF  
7 & 8      RF cross over, LF step behind RF cross over \*

**Point L, close ¼ turn L, side mambo cross, kick ball cross, side mambo, touch**

1 - 2      LF point L - ¼ L close next to RF  
3 & 4      RF rock R, recover on LF, RF cross over  
5 & 6      LF kick diagonal L fwd, LF step on ball, RF cross over  
7 & 8      LF rock L, recover on RF, LF touch next to RF

**Rock fwd, recover, shuffle back, sailor step ¼ R, fwd mambo, touch**

1 - 2      LF rock fwd - recover on RF  
3 & 4      LF step back, RF close, LF step back  
5 & 6      RF cross behind, LF step ¼ turn R, RF step fwd  
7 & 8      LF rock fwd, recover on RF, LF touch next to RF

**Start over again!**

**Restarts: -**

**\* wall 3 after sec. 3 (count 24)**

**\* wall 7 after sec. 1 (count 8)**