

# Weightless!

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Bracken Heidenreich (USA) - February 2023  
音樂: 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