Keep It Lit

拍數: 88　　　　牆數: 0　　　　級數: Phrased Advanced
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音樂: Keep It Lit - Tegan Marie

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