

Lighten That Load

COPPER KNOB
STEPPERS

拍數: 40 牆數: 2 級數: Beginner / Intermediate
編舞者: Eric Toth (USA) - May 2024
音樂: Lighten That Load - Waylon Hanel



Start the dance when the vocals begin/(16counts)

[1-8] (Paddle turns/military turns/1/4 turn to the left)

1-2 With weight on left heel step forward on your right toes pivot ¼ turn to the left
3-8 Step turn/step turn/step turn

[9-16] (Grapevine Right with a Tap (clap) Grapevine Left with a Tap (clap))

9-12 Right foot steps to the right side / Left foot steps behind right foot and takes weight / Right foot steps to the right side again / Left foot Taps (clap)next to right foot
13-16 Left foot steps to the Left side / Right foot Steps up behind Left foot and takes weight Left foot Steps to the Left again / Right foot Taps (clap) next to Left foot

[17-24] (Hip Bumps and Hip Grind/swivels)

17-20 Stepping forward on right toes bump your Right Hip forward Twice/ Stepping back on your Left foot bump your Left Hip backwards twice
21-24 Step forward on your Right toes bump your Right hip forward/ Step backwards On your Left foot bump your Left Hip Backwards / Repeat forward right backward On your Left

[25-32] (shuffle forward with a rock step/shuffle backwards with a rock step)

25-28 Step Right foot forward, bring the ball of your Left foot up next to your Right foot, Step Forward on your Right foot take weight (Right/Left/Right) Rock forward on your Left foot/Rock back on your Right foot
29-32 Step backwards on your Left foot, Bring the ball of your Right foot back next to your Left foot, step back on Left foot (Left ,right ,Left) Rock back on your Right foot ,Rock Forward on your Left foot

[33-40] (Step forward with a ½ turn pivot to the right/with a step drag step forward)

33-36 Step Right foot forward, step to the ball of left foot pivoting ½ turn to the Right, weight on Right foot Tap your left toes next to Right foot
37-40 Step Your Left foot forward, Drag your Right foot up behind your Left leg take weight, step forward on Your Left foot Tap your Right toes next to your Left foot

BEGIN DANCE AGAIN

Feel free to make copies of this dance and pass them out, but please do not change this dance in any manner.

Make sure to check him out wherever you buy music.