

Lighter

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Tony Myers (UK) - September 2024
音樂: Lighter - Galantis, David Guetta & 5 Seconds of Summer
或: Attention - Charlie Puth



No restarts (1tag in Attention)

Side, Behind : Kick ball Point : Cross, Side : Rock back, Recover.

1 2 Step right to side (1) Step left behind right (2)
3&4 Kick right forward (3) Step onto right (&) Point left to left side (4)
5 6 Cross left over right (5) Step right to side (6)
7 8 Rock back on left behind right (7) Recover weight to right

Side, Behind : Step, Touch, Kick : Cross, Turn : Shuffle Turn

1 2 Step left to side (1) Step right behind left (2)
&34 Step left to side (&) Touch right next to left (3) Kick right to forward to corner (4)
5 6 Cross right over left (5) Turn 1/4 right stepping back on left (6) (3:00)
7&8 Step right to side (7) Step left beside right (&) Turn 1/4 right stepping right forward (8) (6:00)

Step, Touch : Back, Heel, Heel : Step, Heel Turn : Sailor Step

1 2 Step forward on left (1) Touch right to left heel (2)
&34 Step back on right (&) Tap left heel slightly to left diagonal (3) Tap left heel slightly to left diagonal (4)
&56 Step onto left (&) Dig right heel forward (5) Grind 1/4 right on right heel whilst stepping onto left (6) (9:00)
7&8 Step right behind left (7) Step left to side (&) Step right to side (8)

Point, Turn : Cross Shuffle : Rock Back, Recover : Mambo Turn

1 2 Point left to side (1) Turn 1/4 left stepping onto left (2) (6:00)
3&4 Cross right over left (3) Step left to side (&) Cross right over left (4)
5 6 Rock back on left to left diagonal (5) Recover on right (6)
7&8 Rock left across right (7) Recover on right (&) Turn 1/4 left stepping forward on left (8) (3:00)

Tag, only in the 'Attention' track : At the end of wall 8 add 2 count tag - 1 2 Sway right to right (1) Sway back left to left (2)

When dancing to 'Lighter' on wall 11 (6:00) dance first 8 counts, on count 7 turn 1/2 left forward on left then forward on right.

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