

Hit The Lites

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - May 2011
音樂: Hit The Lights - Jay Sean



Starts on Main Vocal (32 Counts)

Rock Step & Step, 1/4 Cross, Back, 1/4, 1/4, Shuffle 1/2.

- 1-2 Rock forward on Right, recover on Left.
&3-4 Step Right next to Left, step forward on Left, make 1/4 turn to Right cross stepping Right over Left.
5-7 Step back on Left, make 1/4 turn to Right stepping forward on Right, 1/4 turn Right stepping back on left.
8&1 Make 1/4 turn To Right stepping Right to Right side, step Left next to Right, 1/4 to Right stepping forward on Right.

Cross, Back, Shuffle 1/2, 1/4 Rock, Recover, Behind & Touch.

- 2-3 Cross step Left over Right, step back on Right.
4&5 Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, 1/4 turn Left stepping forward on Left.
6-7 Make 1/4 turn to Left rocking Right to Right side, recover on Left.
8&1 Cross step Right behind Left, step Left to Left side, touch Right toe forward slightly across Left.

& Touch, & Touch, & Rock Step, Lock Step Back, 1/4 .

- &2 Step Right slightly forward, touch Left toe forward slightly across Right.
&3 Step Left slightly forward, touch Right toe forward slightly across Left.
&4-5 Step Right slightly forward, Rock forward on Left, recover on Right. (Counts 1-4 travel forward).
6&7 Step back on Left, lock Right across Left, step back on Left,
8 Make 1/4 turn to Right stepping Right to Right side.

Hip Bumps, Step, 1/2 Pivot, Walk, Walk.

- 1-2 Step Left to Left & very slightly forward bumping hips Left, repeat on Right.
3-4 Repeat counts 1-2.
5-8 Step forward on Left, pivot 1/2 turn to Right, walk forward Left-Right. **R1**

Step, Lock & Step, Lock & 1/4, Walk, Walk, 1/4 Cross.

- 1-2& Step Left forward diagonal Left, lock Right behind Left, step Left forward diagonal Left.
3-4& Step Right forward diagonal Right, lock Left behind Right, step Right forward diagonal Right.
5-6 Make 1/4 turn To Left stepping forward Left, step forward Right.
7-8 Step forward on Left, turn 1/4 to Right cross stepping Right over Left. (slight dip)

1/4, Mambo Step, Back, 1/2, 1/2, 1/4, Step.

- 1 Make 1/4 turn to Left stepping forward on Left.
2&3 Rock forward on Right, recover on Left, step back on Right.
4-5 Step back on Left, make 1/2 turn to Right stepping forward on Right.
6-8 1/2 turn to Right stepping back on Left, 1/4 turn Right stepping Right to Right side, step forward on Left. **R2**

Step, Kick & Step, Step, Point & Point & Point, 1/4.

- 1-2 Step forward on Right, kick Left forward.
&3-4 Step Left next to Right, step forward on Right, step forward on Left.

5&6 Point Right to Right side, step Right next to Left, point Left to Left side.
&7-8 Step Left next to Right, point Right to Right side, make 1/4 turn Right stepping Right next to Left.

Step, 1/4 Cross & Cross, 1/4 Cross, Back 1/8, Back, Behind 1/8, Side.

1 Step forward on Left.
2&3 Make 1/4 turn to Right cross stepping Right over Left, step Left to Left side, cross step Right over Left.
4 Make 1/4 turn to Left cross stepping Left over Right.
5-6 Make 1/8 turn to Left stepping back on Right, step back on Left.
7-8 Make 1/8 turn to Left cross stepping Right behind Left, step Left to Left side. (Counts 4-8 Circular Shape)

****R1** Restart 1.. Wall 2 & Wall 5**

Dance Up To & Including Count 7 (31) Section 4, Then Hold On Count 8 (32), Then Restart Dance From Beginning.

****R2** Restart 2.. Wall 7**

Dance Up To & Including Count 8 (48) Section 6, Then Restart Dance From Beginning.

Tag: End of Wall 3

1-4 Step forward on Right, Hold, step forward on Left, Hold.
5-8 Cross step Right over Left, step back on Left, make 1/4 turn Right stepping forward Right, step forward on Left.

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