

Lightning Express

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Shanthie De Mel (AUS) - October 2011
音樂: Lightning Express - The Everly Brothers



Begin: Wt. on L. 12 count instrumental intro. Start on vocals. (Rotation CCW)
Split floor dance to Beginner dance FARE CHANCE to the same music, by Shanthie De Mel.

WALTZ BACK. FWD. SLOW KICK

1, 2, 3 Step R back. Close L to R. Step R in place
4, 5, 6 Step L fwd. Slow kick R fwd for 2 counts (12:00)

BACK. CROSS. BACK. (REPEAT ON OTHER FOOT)

1, 2, 3 Step R back diag to right side. Cross L over R. Step R back diag
4, 5, 6 Step L back diag to left side. Cross R over L. Step L back diag (12:00)

CROSS. HOLD. HOLD. ROCK SIDE. RETURN. BACK

1, 2, 3 Cross R over L. Hold. Hold
4, 5, 6 Rock L to left side. Return R in place. Step L behind R heel (12:00)
(Styling: At cross-hold, bend both knees & spread out arms to each side.)

CROSS. HOLD. HOLD. ROCK SIDE. RETURN. BACK

1, 2, 3 Cross R over L. Hold. Hold
4, 5, 6 Rock L to left side. Return R in place. Step L behind R heel (12:00)
(Styling: At cross-hold, bend both knees & spread out arms to each side.)

SAILOR WALTZ BACK x2

1, 2, 3 Cross R behind L. Step L to left side. Step R to right side.
4, 5, 6 Cross L behind R. Step R to right side. Step L to left side. (12:00)

SIDE SWAY. TOUCH. HOLD. (TO RIGHT & LEFT)

1, 2, 3 Step R to right side swaying. Touch L to R. Hold.
4, 5, 6 Step L to left side swaying. Touch R to L. Hold. (12:00)

FWD LOCK WALTZ x2

1, 2, 3 Step R fwd. Lock L behind R. Step R fwd
4, 5, 6 Step L fwd. Lock R behind L. Step L fwd (12:00)

SLOW PADDLE 1/4 LEFT. BACK DRAG

1, 2, 3 Step R fwd. Turn 1/4 left (*)keeping weight on R for 2 counts
4 - 6 On L take a big step diag back with a drag pointing R diag fwd for 3 counts (9:00)

Ending (optional) At count 44* of last rotation make 3/4 turn left on L to face 12:00 (2 counts)
Step R to right side (3 counts).

This dance is dedicated to my class mate Hyacinth Ragel-Jones of Sydney, with fond memories of yester year & 'The Everly Brothers in Concert singing Lightning Express' !