

# Lights In The Cit-Te (aka Lights in The City)

COPPERKNOB  
STEPSHEETS

拍數: 32                      牆數: 2                      級數: Intermediate  
編舞者: Michael Barr (USA) - November 2012  
音樂: Lights - Journey : (CD: Greatest Hits)



Counting Notes: The rhythm of the dance is counted as, 8&a1, 2, 3, 4&a5, 6, 7.  
Lead: 16 count., BPM: 76/3:07

## [1 - 8] ROCK BACK, RETURN, FORWARD – STEP SIDE, CROSS, STEP SIDE, TOUCH BACK, CROSS, STEP SIDE, TOUCH – BACK, CROSS, 1/4 L, 1/4 L PRESS R SIDE RIGHT

1, 2, 3                      Step back on ball of R; Return weight onto L in place; Step R forward  
4&a5                      Step L side left; Step R in front of L; Step L side left; Touch R side right  
6&a7                      Step R back; Step L in front of R; Step R side right; Touch L side left  
8&a1                      Step L back; Step R in front of L; Turn ¼ left, step L forward; Turn ¼ left, press ball of R side right 6:00

**Note: Most weight will be on the R (bent R knee) during the press with a slight transfer to L as you straighten knee.**

## [9 - 16] PULSE, STEP SIDE – BEHIND, ¼ TURN R, STEP IN PLACE, STEP BACK, BACK, BACK – SAILOR ¾ TURN L, STEP BACK (LRLR)

2, 3                      (2) Press/pulse again into ball of R & return (slight weight change to L); (3) Step R side right (all weight on R)  
4&a5                      Step L behind R; Turn ¼ right stepping R forward; Step L in place; Step back on R 9:00  
6, 7                      Step back on L; Step back on R (look over left shoulder)  
8&a1                      Step L behind R turning ¼ left; Turn ¼ left onto R in place; Turn ¼ left onto L in place; Step R back 12:00

**Note: Counts 8&a will be the ¾ sailor step turn in place with count 1 as your step back**

## [17-24] STEP BACK, BACK – BACK, ½ R, ¼ R, CROSS - ROCK SIDE L, RETURN, CROSS FRONT, ¼ L, ¼ L, CROSS FRONT (starts a ¾ walk/run turn)

2, 3                      Step L back; Step R back  
4&a5                      Step back on L; Turning ½ right, step R forward; Turning ¼ right, step L side left; Step R in front of L 9:00

**Note: On count 4 prepare for a ½ turn right by looking over your right shoulder to start the body turning**

6, 7                      Rock onto L side left; Return weight onto R in place (open hips slightly to your right diagonal)  
8&a1                      Step L in front of R; Turn ¼ left, step back on R; Turn ¼ left, step L side left; Step R in front of L 3:00

**Note: Count 1 starts a walk/run section to your left (the lyrics: Woh, oh, oh,oh,oh – 1,2,3,4&a5)**

## [25-32] CONTINUE L TURN w/ WALK, WALK (L,R) - CONTINUE TURNING TO L DIAGONAL ON BACK WALL (L,R,L, ROCK ONTO R) – RETURN, STEP BACK – CROSS, BACK, BACK

2, 3                      Continue turning ½ left taking 2 walking steps onto your L then R 9:00

**Note: Counts 2, 3 will finish on the 9 o'clock wall.**

4&a5                      With the feel of 3 running steps L,R,L, arc ¼ left to the back wall left diagonal; Rock forward onto R 6:00

**Note: 4&a5 continues from the 9 o'clock wall with 3 runs and a forward rock to the left diagonal on the back wall.**

6, 7                      Return weight back onto L in place as you open hips slightly to right; Step R back on back right diagonal

8&a                      Cross L over R stepping back on the right diagonal; Step R directly back; Step L back and slightly left

**Note: Congrats, you are done. Now just remember to allow your weight to still rock back for count 1:-)**

**Let's Dance It Again!!!**

**Contact - Email: [mbarr@saber.net](mailto:mbarr@saber.net)**

**Web Access: [www.MichaelandMichele.com](http://www.MichaelandMichele.com) - Step Sheets, music & video links, plus more!**

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