

Lunch

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Séverine Fillion (FR) - July 2025

Musik: LUNCH - Billie Eilish : (Album : Hit Me Hard And Soft,)



Intro : 12 counts - No Tag, No Restart

[1-8] CROSS, POINT, CROSS, POINT, KICK & POINT & POINT, 1/4 TURN R

- 1-2 Right cross over left, Touch left toe to left side
- 3-4 Left cross over right, Touch right toe to right side
- 5&6 Kick right fwd, recover on right next to left, Touch left toe to left side
- &7 Left next to right, Touch right toe to right side
- 8 Turn 1/4 right (weight on left, Keep your right foot pointed forward) 3 :00

[9-16] STEP BACK, TOUCH FWD & SLAP, STEP FWD, BOUNCE + KNEE POP, STEP – LOCK – STEP – LOCK

- 1-2 Right step back, Touch left ball fwd (left knee bent)
- On 1-2 : Raise right arm and describe an arc backwards to make a slap with R hand on R buttock**
- 3 Step on left fwd
- &4 Lift and drop both heels on the floor & bending knees fwd
- 5-6 Right step fwd, « lock » left cross behind right
- 7-8 Right step fwd, « lock » left cross behind right

[17-24] STEP FWD, HEEL BOUNCE 1/4 TURN L, WEAVE TO LEFT 1/4 TURN L

- 1 Right step fwd
- 2-4 Lift and drop 3 x both heels on the floor 1/4 turning left (passing weight on left) 12 :00
- Style Option : You can add shoulder shimmy on counts 2-4**
- 5-7 Right cross over left, left to left, right cross behind left
- 8 1/4 turn left stepping left fwd 9 :00

[25-32] CROSS ROCK, SIDE TRIPLE STEP, CROSS ROCK, SIDE TRIPLE STEP

- 1-2 Cross Rock right over left, recover on left
- 3&4 Triple step right – left – right to right side
- 5-6 Cross Rock left over right, recover on right
- 7&8 Triple step left – right – left to left side

ENJOY & HAVE FUN