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

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Michael Barr (USA) - November 2012
Music: 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 should 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 walls 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
Web Access: www.MichaelandMichele.com - Step Sheets, music & video links, plus more!