

# Lit In The Sticks

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Guy Dubé (CAN) - August 2019

**Musique:** Lit in the Sticks - Ryan Langdon



**Intro: 16 counts.**

**[1-8] CROSS ROCK STEP, RECOVER, 1/2 TURN R and SHUFFLE FWD, ROCK STEP, RECOVER, TOGETHER, HEEL, TOGETHER, STOMP**

- 1-2 Cross rock R over L, recover on L
- 3&4 1/2 turn to right and shuffle R,L,R forward (6:00)
- 5-6 Rock step L forward, recover on R
- &7 Step L together R, heel R forward
- &8 Step R together L, stomp L forward on the floor

**Restart : At the 4th and 8th repetition, after 8 counts (9h &12h), restart the dance from the top.**

**[9-16] ROCK STEP, SHUFFLE in 3/4 TURN R, CROSS, BACK, SIDE, CROSS, POINT**

- 1-2 Rock step R forward, recover on L
- 3&4 Shuffle R,L,R in 3/4 turn to right (3:00)
- 5-6 Cross L over R, step R back
- &7-8 Step L to left, cross R over L, point L to left

**Restart : At the 2nd repetition, after 16 counts (12h), bring step L together R and restart from the top.**

**[17-24] TOUCH BEHIND, POINT SIDE, BODY ROLL, CROSS, POINT, SAILOR STEP**

- 1-2 Touch ball L behind R, point L to left
- 3-4 Flex knees in rolling hips from right to left and up and down, get up on count 4
- 5-6 Cross L behind R, point R to right
- 7&8 Cross R behind L, step L to left, step R on place

**[25-32] STEP, PIVOT 1/2 TURN R, SHUFFLE FWD, KICK-OUT-OUT, IN-IN, OUT-OUT**

- 1-2 Step L forward, pivot 1/2 turn to right
- 3&4 Shuffle L,R,L forward (9:00)
- 5&6 Kick R forward, step R outside to right, step L outside to left
- &7&8 Step R to center, step L to center, step R outside to right, step L outside to left

**DANCE AND HAVE FUN !**  
**GUY DUBE**

**Last Update – 6 Sept. 2019**