

Lightning

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Audrey Watson (SCO) - October 2011

Musique: Lightning - The Wanted



Intro: 16 Counts

SECTION ONE: SIDE HOLD, ½ HINGE ROCK RECOVER, BEHIND SIDE CROSS ¼ FLICK.

- 1-2 Step right to right side, hold for a beat.
- 3-4 Turn ½ right stepping rocking left to left side, recover on right.
- 5-6 Step left behind right, step right to right side
- 7-8 Cross left over right, turn ¼ left flicking right behind.

SECTION TWO: WALK WALK, KICK ¼ TURN, TWIST ¼ TURN KICK.

- 1-2 Walk fwd on right, walk fwd on left.
- 3-4 Kick right foot fwd, turn ¼ right stepping right to right side.
- 5-8 On balls of both feet twist right, left, right to complete ¼ right, kick right foot fwd.

SECTION THREE: BACK ROCK, CROSS HOLD & CROSS HOLD & SIDE TOUCH HOLD.

- 1-2 Rock back on right, recover fwd on left.
- 3-4 Cross right over left, hold for a beat.
- & 5-6 Step left to left side, cross right over left, hold for a beat.
- & 7-8 Step left to left side, touch right next left, hold for a beat.

RESTART DANCE FROM BEGINNING HERE ON WALL 3

SECTION FOUR: ¼ TURN, FULL TURN HOLD, FWD ROCK, ½ TURN TOUCH.

- 1-2 Turn ¼ right stepping fwd on right, turn ½ right stepping back on left
- 3-4 Turn ½ right stepping fwd on right, hold for a beat.
- 5-6 Rock fwd on left, recover back on right.
- 7-8 Turn ½ left, touch right next left.

SECTION FIVE: SIDE HOLD, ½ HINGE ROCK RECOVER, BEHIND SIDE CROSS ¼ FLICK.

- 1-2 Step right to right side, hold for a beat.
- 3-4 Turn ½ right stepping rocking left to left side, recover on right.
- 5-6 Step left behind right, step right to right side
- 7-8 Cross left over right, turn ¼ left flicking right behind.

RESTART DANCE FROM BEGINNING HERE ON WALL 6

SECTION SIX: FWD ROCK, COASTER STEP HOLD, PIVOT ½ TURN.

- 1-2 Rock fwd on right, recover back on left.
- 2-3 Step back on right, step left next right.
- 5-6 Step fwd on right, hold for a beat.
- 7-8 Step fwd on left, turn ½ right.

SECTION SEVEN: FULL TURNING WEAVE

- 1-2 Cross left over right, step right to right side.
- 3-4 Cross left behind right, turn ¼ right stepping fwd on right.
- 5-6 Step fwd on left, pivot ½ right.
- 7-8 Turn ¼ right stepping left to left side, hold for a beat.

SECTION EIGHT: CROSS KICK, BACK SIDE, CROSS KICK, BACK ROCK.

- 1-2 Cross right over left, kick left foot out to left side.
- 3-4 Step back on left foot, step right to right side.

5-6 Cross left over right, kick right foot out to right side.
7-8 Rock back on right foot, recover fwd on left foot.

START AGAIN
