

Lit In The Sticks (P)

COPPER KNOB
STEPSHEETS

拍数: 16 墙数: 0 级数: Ultra Beginner / Partner
编舞者: Guy Dubé (CAN) & Nancy Milot (CAN) - October 2019
音乐: Lit in the Sticks - Ryan Langdon



Start : In Sweetheart position. The steps are the same for the man and the woman.
Intro : 16 counts.

[1-8] ROCK STEP, RECOVER, COASTER STEP, ROCK STEP, RECOVER, TOGETHER, HEEL, TOGETHER, STOMP

1-2 Rock step R forward, recover on L
3&4 Step R back, step L together R, step R forward
5-6 Rock step L forward, recover on R
&7 Step L together R, heel R forward
&8 Step R together L, stomp L on the floor forward

Restart : At the 4th and 8th repetition after 8 counts, restart the dance from the beginning.

[9-16] 2X (WALK FWD), KICK-BALL-STEP, 2X (STEP, PIVOT 1/2 TURN L)

1-2 Walk R,L forward
3&4 Kick R forward, step R together L, step L forward
***** On the count 5, let go both R hands and raise both L hands.**
5-6 Step R forward, pivot 1/2 turn to left
7-8 Step R forward, pivot 1/2 turn to left

***** On count 8 resume the sweetheart position.**

HAVE FUN ! - GUY & NANCY
