

# Weightless!

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Bracken Heidenreich (USA) - February 2023  
音乐: The Lows - Cochren & Co. : (Single)



Intro: 16 counts

Alternate music: Weightless by Landry Cantrell (3:16 min, Album: Glasshouse, Intro 16 counts, Restarts on walls 1 and 8 after 16 counts)

## SECTION 1: CROSS, SIDE, BEHIND SIDE, PRESS, SWEEP 1/4, BEHIND, BALL SIDE, CROSS TRIPLE

- 1,2      Step Right across left; Step Left to left side
- 3&4      Step Right behind left; Step Left to left side; Press Right forward
- 5      Recover on Left in place while sweeping Right back with 1/4 turn right (3:00)
- 6      Step Right behind
- 7&      Step ball of Left to left side; Step Right to right side
- 8&1      Step Left across right; Close Right next to left; Step Left across right

## SECTION 2: HIP, HIP, CIRCLE UP AND AROUND, SHIFT, SWEEP

For all of Section 2, use body/shoulder action to accentuate the music and hit the sweep on 8.

- 2,3      Step Right to right side pushing hip to right; Shift weight to Left pushing hip to left
- 4      Shift weight fully to Right pushing hip to right
- 5,6      Rise on balls of both feet while moving body up and over to left (like a ferris wheel), shifting weight to Left and ending with feet flat on ground
- 7      Continue "ferris wheel" circle to shift weight to Right
- 8      Step Left in place while sweeping Right around to front

## SECTION 3: CROSS BACK, & CROSS BACK, & CROSS SIDE ROCK CROSS, HITCH

- 1,2      Step Right across left; Step Left back
- &3      Step Right to right side; Step Left across right
- 4      Step Right back
- &5      Step Left back; Step Right across left
- &6&      Rock Left to side; Recover on Right in place; Step Left across right
- 7      Gracefully hitch Right next to left knee

## SECTION 4: RUN, RUN, ROCK, SWEEP BACK BACK, COASTER STEP, PREP, SPIN

- 8&1      Step Right to forward left diagonal (1:30); Close Left next to right; Rock Right forward
- 2      Recover on Left in place, sweeping Right back
- 3      Step Right back, sweeping Left back
- 4      Step Left back, sweeping Right back
- 5&      Step Right back; Step Left next to right
- 6      Square up to 3:00 wall stepping Right across left (3:00)
- 7      1/4 turn left stepping Left forward (prep for turn) (12:00)
- 8      Pull Right next to left to spin 3/4 turn left on Left (3:00)

ENJOY THE DANCE!

Stepsheet 02/09/2023