

A Little Bit Lit

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Choregraphie par : Rob FOWLER

Description : 24 temps, 4 murs, Novice, Juillet 2017

Musique : Lit by Trace Adkins

Intro: On Vocals (32 counts – approx. 22 secs from main beat)



R Side, Together, Chasse R, Cross Rock, Shuffle ¼ Turn L

- 1-2 Step R to R side, step L next to R
- 3&4 Step R to R side, step L next to R, step R to R side
- 5-6 Rock L over R, recover back on R
- 7&8 Step L to L side, step R next to L, make ¼ turn L stepping fwd L (9 o'clock)

Toe Heel Cross, Toe Heel Cross, Kick Out Out, Heels Toes Heels

- 1&2 Touch R toe next to L (R knee in), touch R heel next to L (toe out), stomp R fwd
- 3&4 Touch L toe next to R (L knee in), touch L heel next to R (toe out), stomp L fwd
- 5&6 Kick R fwd, step R to R side, step L to L side
- 7&8 Twist both heels in, twist both toes in, twist both heels in (9 o'clock)

R Rock Step Fwd, Recover, R Lock Step Back, L Rock Step Back, Recover, Step L Fwd, 2 x Claps

- 1,2 Rock fwd R, recover back L
- 3&4 Step back R, cross L over R, step back R
- 5,6 Rock back L, recover on R
- 7&8 Step fwd L, clap hands twice (9 o'clock)

Start Again

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