



## Lit

Choregraphie Trevor THORNTON & Candee SEGER Octobre 2016

Description : 32 temps, 4 murs, Intermediaire,

Musique : Lit par Trace ADKINS

Sequences : 40, 32, 40, 32, 40, 32 (\*Repeat last 8), 40(+Repeat bonus), 32, 32

Intro: 32 counts

\* Slide ½ Hinge Hitches R (2x), Rock, Recover, Cross, Hold, Ball, Cross

1,2: Slide R to right side (1), turn ½ right hitching L knee up (2)

3,4: Slide L to left side (3), turn ½ right hitching R knee up (4)

5&6: Rock R to right side (5), recover L (&), cross R over L (6)

7&8: Hold (7), recover L (&), cross R over L (8)

\* ¼ L Rock, Recover, Coaster, Full Turn L, Shuffle Forward (run, run, run)

1,2: ¼ left rock forward L (1), recover R (2)

3&4: Step L back (3), step R next to L (&), step L forward (4)

5,6: ½ left step back R (5), ½ left step forward L (6)

7&8: Step R forward, step L forward, step R forward - 9:00

\* Rock, Recover, ½ L Shuffle, Kick, Step, Lock, Step, Step, ¼ R, Cross

1,2: Rock L forward, recover R

3&4: ½ left shuffle turn step on L, step R forward, step L forward

5&6&: Kick R forward (5), step on R (&), step L behind R (6), step on R (&)

7&8: Step L forward (7), ¼ right step R to right side (&), cross L over R (8) 6:00

\* Lunge R, Recover, Behind, Side, Cross, ¼ L, ½ L, Sailor w/Cross

1,2: Lunge R to right (upper torso rolling w/ lunge), recover L

3&4: Step R behind L (3), step L to left side (&), cross R over L (4)

5,6: ¼ turn left step forward L, ½ turn left step back R

7&8: Sweep L behind R, step R next to L, cross L over R - 9:00

\*WALL 6: Repeat counts 25-32 (instrumental section begins this portion)

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**BONUS :**

\* Kick Hook, Kick Flick, Kick Hitch, Step, Hold (5), Ball Step, Tap (2x), Flick

1&2&: Kick R forward (1), Hook R over L (&), Kick R forward (2), Flick R toe back (&)

3&4: Kick R foot forward (3), hitch R knee up (&), step R to right side (4)

5&6: Hold (5), step L next to R (&), step R to right side (6)

7&8: Tap R heel to floor 2x (7&), Flick R toe back (8)



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