

Lit In The Sticks

32 Count, 4 Wall, Intermediate Choreographer: Guy Dube (CA) Aug 2019 Choreographed to: Lit In The Sticks by Ryan Langdon

Intro: 16 counts

S1 Cross Rock Step, Recover, ¹/₂ Turn R and Shuffle Fwd, Rock Step, Recover, Together, Heel, Together, Stomp

- 1-2 Cross rock R over L, recover on L
- 3&4 ¹/₂ turn to right and shuffle R,L,R forward (6:00)
- 5-6 Rock step L forward, recover on R
- &7 Step L together R, heel R forward
- &8 Step R together L, stomp L forward on the floor

Restart: At the 4th and 8th repetition, after 8 counts (9h &12h), restart the dance from the top

S2 Rock Step, Shuffle in ³/₄ Turn R, Cross, Back, Side, Cross, Point

- 1-2 Rock step R forward, recover on L
- 3&4 Shuffle R, L, R in ³/₄ turn to right (3:00)
- 5-6 Cross L over R, step R back
- &7-8 Step L to left, cross R over L, point L to left

Restart: At the 2nd repetition, after 16 counts (12h), bring step L together R and restart from the top.

S3 Touch Behind, Point Side, Body Roll, Cross, Point, Sailor Step

- 1-2 Touch ball L behind R, point L to left
- 3-4 Flex knees in rolling hips from right to left and up and down, get up on count 4
- 5-6 Cross L behind R, point R to right
- 7&8 Cross R behind L, step L to left, step R on place

S4 Step, Pivot 1/2 Turn R, Shuffle Fwd, Kick-Out-Out, In-In, Out-Out

- 1-2 Step L forward, pivot 1/2 turn to right
- 3&4 Shuffle L, R, L forward (9:00)
- 5&6 Kick R forward, step R outside to right, step L outside to left
- &7&8 Step R to centre, step L to centre, step R outside to right, step L outside to left

Dance and Have Fun! Guy Dube

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