

The Light

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Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Dee Musk (UK) July 2015

Music: The Light by Adam Lambert, Album: The Original High (Deluxe Version) iTunes

#16 Count Intro. Approx 08 seconds.

\$1: Step Reverse ½ Turn, Coaster Step, Step Reverse ½ Turn, Sailor ¼ Cross.

- 1,2 Step forward on R, make a reverse ½ turn R stepping back on L.
- 3&4 Step back on R, step L beside R, step forward on R.
- 5,6 Step forward on L, make a reverse ½ turn L stepping back on R.
- 7&8 Making a ¼ turn L step L behind R step R to R side, cross L over R. (9 o'clock)

\$2: Hinge ½ Turn, Cross & Heel, Ball Cross Side, Behind & Heel.

- 1,2 Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.
- 3&4 Cross R over L, step L to L side, extend R heel to R diagonal.
- &5,6 Step R beside L, cross L over R, step R to R side.
- 7&8 Step L behind R, step R to R side, extend L heel to L diagonal. (3 o'clock)

\$3: Ball Cross Rock, Side Shuffle, Cross Rock, Shuffle ¼ Turn.

- &1,2 Step L beside R, cross rock R over L, recover weight to L.
- 3&4 Step R to R side, close L beside R, step R to R side.
- 5,6 Cross rock L over R, recover weight to R.
- 7&8 Step L to L side, close R beside L, make a ¼ turn L stepping forward on L. (12 o'clock)

\$4: Step ½ Turn, Shuffle Forward, Full Turn, Shuffle Forward.

- 1,2 Step forward on R, make a ½ turn L.
- 3&4 Shuffle forward stepping R, L, R.
- 5,6 Travelling forward make a full turn R stepping back on L, stepping forward on R.

(Alternative steps; walk forward L, R).

- 7&8 Shuffle forward stepping L, R, L. (6 o'clock)

\$5: Rock Recover, Back Touch, Back Touch, Out Out Ball Cross, Rock ¼ Turn.

- 1,2** Rock forward on R, recover weight to L.
- &3&4** Step back on R, touch L beside R, step back on L, touch R beside L.
- &5&6** Step out R, Step out L, step R beside L, cross L over R.
- 7,8** Rock R to R side, recover making a $\frac{1}{4}$ turn L. (3 o'clock)

\$6: Step $\frac{1}{4}$ Point, & Point Ball Cross, Side Rock, Behind Side Cross.

- 1,2** Step forward on R, on ball of R make a $\frac{1}{4}$ turn R pointing L toe to L side.
- &3&4** Step L beside R, point R toe to R side, step R beside L, cross L over R.
- 5,6** Rock R to R side, recover weight to L.
- 7&8** Step R behind L, step L to L side, cross R over L. (6 o'clock)

\$7: Reverse Full Turn, Cross Side, Sailor Step.

- 1,2** Make a $\frac{1}{4}$ turn R stepping back on L, make a $\frac{1}{2}$ turn R stepping forward on R.
- 3,4** Step forward on L, make a $\frac{1}{4}$ turn R (weight on R).

(Alternative steps; step L to L side, cross R behind L, rock L to L side, recover weight to R).

- 5,6** Cross L over R, step R to R side.
- 7&8** Cross step L behind R, step R to R side, step L to L side. (6 o'clock)

\$8: Cross Unwind, Kick Ball Change, Rock Step, Shuffle $\frac{1}{2}$ Turn.

- 1,2** Cross step R behind L, unwind a $\frac{1}{2}$ turn R (weight on R).
- 3&4** Kick L forward, step L beside R, step forward on R.
- 5,6** Rock forward on L, recover weight to R.
- 7&8** Make a $\frac{1}{2}$ turn L shuffling forward L, R, L. (6 o'clock)

Begin Again