

# The Weight Is Gone

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Alan Birchall & Jacqui Jax (Nuline Dance) April 2018

**Music:** The Weight Is Gone - Albin Lee Meldau

**Track: Available On Amazon & iTunes CD/Album: About You - Available June 2018**

**Start: On The Word 'Knows' Seconds: 5 Counts: 8 BPM: 105**

**TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, CROSS X2**

**1&2&**        Touch Right To Right, Step Right By Left, Touch Left To Left, Step Left By Right

**3&4**         Touch Right To Right, Hitch Right, Cross Right Over Left

**5&6&**        Touch Left To Left, Step Left By Right, Touch Right To Right, Step Right By Left

**7&8**         Touch Left To Left, Hitch Left, Cross Left Over Right

**Restart Here During 4th Wall - Facing 09:00**

**½ TURN LEFT, PRESS, RECOVER, BEHIND, SIDE, CROSS, STEP, DRAG**

**9-10**        Make ¼ Turn Left, Stepping Back On Right, Make ¼ Turn Left Stepping Left To Left 06:00

**11-12**       Cross Press/Rock Right Slightly Over Left, Recover On Left

**13&14**       Sweep Right Behind Left, Step Left To Left, Cross Right Over Left

**15-16**       Take A Big Step To Left Drag Right By Left

**BALL CROSS, POINT, ¼ TWIST, KICK, COASTER STEP, FULL TURN**

**&17-18**      Step Right By Left, Cross Left Over Right, Point Right To Right

**19-20**       Make A ¼ Turn Right Twisting Both Heels Left (Weight On Left) Kick Right Forward 09:00

**21&22**       Step Back On Right, Step Left By Right, Step Forward On Right

**23-24**       Make ½ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right  
Alt: Walk Fwd

**'ROCKING' HEEL SPLITS, RECOVER, COASTER STEP, HIP ROLLS**

**25&26**       Rock Forward On Left Splitting Heels Apart, Bring Heels Together Recovering On Right Alt:  
Rock, Recover

**27&28**       Step Back On Left, Step Right By Left, Step Forward on Left

**29-30** Stepping Forward on Right Making A  $\frac{1}{4}$  Hip Roll Turn Left 06:00 Dance Finishes Here Facing 12:00

**31-32** Stepping Forward on Right Making A  $\frac{1}{4}$  Hip Roll Turn Left 03:00

**START AGAIN**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=125100](https://www.linedance.com/index.php?f=dance_view&id=125100)