

Lit In The Sticks (P)

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Count: 16

Wall: —

Level: Ultra Beginner / Partner

Choreographer: Guy Dubé & Nancy Milot - October 2019

Music: Lit In The Sticks by Ryan Langdon

Start : In Sweetheart position. The steps are the same for the man and the woman.

Intro : 16 counts.

[1-8] ROCK STEP, RECOVER, COASTER STEP, ROCK STEP, RECOVER, TOGETHER, HEEL, TOGETHER, STOMP

- 1-2** Rock step R forward, recover on L
- 3&4** Step R back, step L together R, step R forward
- 5-6** Rock step L forward, recover on R
- &7** Step L together R, heel R forward
- &8** Step R together L, stomp L on the floor forward

Restart : At the 4th and 8th repetition after 8 counts, restart the dance from the beginning.

[9-16] 2X (WALK FWD), KICK-BALL-STEP, 2X (STEP, PIVOT 1/2 TURN L)

- 1-2** Walk R,L forward
- 3&4** Kick R forward, step R together L, step L forward

***** On the count 5, let go both R hands and raise both L hands.**

- 5-6** Step R forward, pivot 1/2 turn to left
- 7-8** Step R forward, pivot 1/2 turn to left

***** On count 8 resume the sweetheart position.**

HAVE FUN ! - GUY & NANCY

STEPSHEET TAKEN FROM COPPERKNOB (144.217.101.242)