

# Lit In The Sticks

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Guy Dubé - August 2019

**Music:** Lit In The Sticks by Ryan Langdon

**Intro: 16 counts.**

**[1-8] 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.**

**[9-16] 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.**

**[17-24] 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

**[25-32] 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 center, step L to center, step R outside to right, step L outside to left

**DANCE AND HAVE FUN !**

**GUY DUBE**

**Last Update - 6 Sept. 2019**