

The Headlights

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Count: 32

Wall: 2

Level: High Intermediate NC2S

Choreographer: Adam Åstmar (SWE) - April 2026

Intro: Dance starts immediately on first clear beat, approx. 5 seconds into the track.

Note!

To start the dance the easiest, have the weight on RF forward waiting for count 2 to recover on LF.

- Tag occurs after wall 2 facing 12'00.

- Restart occurs on wall 3 after 16 counts facing 6'00.

Sect - 1: Rock Fwd. ½ Turn R. ¼ R Nightclub Basic L. Side, Touch with Arms. Run ¼ L. Out Out with Arms.

- 1 - 2 &** Rock forward on RF (1). Recover on LF (2). Turn ½ R step forward on RF (&). [6:00]
- 3 - 4 &** Turn ¼ R take a big step to L on LF (3). Close RF next to LF (4). Cross LF over RF (&). [9:00]
- 5 - 6** Step to R on RF lifting both hands in head height (5). Touch LF next to RF move both hands in a smooth motion slightly out and down snapping fingers (6).
- 7 & 8 &** Run in a ¼ circle L stepping LF (7), RF (&). [6:00] Step to L diagonal on LF pushing L hand forward with palm forward and fingers up (8). Step to R diagonal on RF pushing R hand forward with palm forward and fingers up (8). Both hands should now be in front of the body.

The arms at counts 8 & represented the headlights of a car.

Sect - 2: Back Sweep with Arms. Behind Side Cross. Unwind ½ L. Turn ½ L Step Back. Rock Back. Step Fwd. Run Fwd.

- 1 - 2 &** Step back on LF sweep RF from front to back pulling both hands back while making them into fists (1). Step RF behind LF (2). Step to L on LF (&).
- 3 - 4 &** Cross RF over LF (3). Unwind ½ L place weight on LF (4). Turn ½ L step back on RF (&). [6:00]
- 5 - 6** Rock back on LF (5). Recover on RF (6).
- 7 - 8 &** Step forward on LF (7). Run forward on RF (8), LF (&).

Note!

- Restart occurs here on wall 3 facing 6'00. -

Sect - 3: Rock Fwd. Side. Cross Rock. Side with Sway. Sways R, L & Arms. Rolling Vine R. Cross.

- 1 - 2 & Rock forward on RF (1). Recover on LF (2). Step to R on RF (&).
- 3 & 4 Cross rock LF over RF (3). Recover on RF (&). Step to L on LF sway body to L (4).
- 5 & 6 & Sway R slightly turn body R bringing R hand in front of face with palm towards face (5). Bring L hand in front of face with palm towards face (&). Sway L slightly turn body L bringing R hand straight down by side of body (6). Bring L hand straight down by side of body (&).
- 7 & 8 & Turn $\frac{1}{4}$ R step forward on RF (7). Turn $\frac{1}{2}$ R step back on LF (&). Turn $\frac{1}{4}$ R step to R on RF (8). Cross LF over RF (&). [6:00]

Sect - 4: Nightclub Basic R. Side with Sweep. Behind Side Cross with Sweep. Fwd Sweep. Rock Fwd. Back. Together.

- 1 - 2 & Take a big step to R on RF (1). Close LF next to RF (2). Cross RF over LF (&).
- 3 - 4 & Step to L on LF sweep RF from side to back (3). Step RF behind LF (4). Step to L on LF (&).
- 5 - 6 Cross RF over LF sweep LF from back to front (5). Step forward on LF sweep RF from back to front (6).
- 7 & 8 & Rock forward on RF (7). Recover on LF (&). Step back on RF (8). Close LF next to RF (&).

Tag: Rock Fwd. $\frac{1}{2}$ Turn R. $\frac{1}{4}$ R Nightclub Basic L. Side with Sweep. Behind $\frac{1}{4}$ Step. Rock Fwd. Together.

- 1 - 2 & Rock forward on RF (1). Recover on LF (2). Turn $\frac{1}{2}$ R step forward on RF (&). [6:00]
- 3 - 4 & Turn $\frac{1}{4}$ R take a big step to L on LF (3). Close RF next to LF (4). Cross LF over RF (&). [9:00]
- 5 - 6 & Step to R on RF sweep LF from side to back (5). Step LF behind RF (6). Turn $\frac{1}{4}$ R step forward on RF (&). [12:00]
- 7 - 8 & Rock forward on LF (7). Recover on RF (8). Close LF next to RF (&).

Have fun!