

Lightweight

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Count: 80

Wall: 2

Level: Phrased Intermediate

Choreographer: Christie Lim (M'sia) and Peter Reber (South Africa) (September 2016)

Music: Lightweight - Demi Lovato - Album: Unbroken (iTunes or Amazon) see Note below **

Sequence: A B C / A B C / A(24) Tag(2) / C B(16)

Start after 32 counts

Part A (32 count)

A1: Walk, Walk, Walk, 3/4 turn R, Cross, 3/4 turn R, Lock step RLR

1 2& Walk R, walk L, walk R

3 4& Step L fwd with 1 / 2 turn R, 1 / 4 turn R step R, together

5 6 Cross RF over LF, Step LF L,

7 8&13 / 4 turn R (hook RF over LF) step RF fwd, Lock LF behind RF, step RF fwd (6:00)

A2: Coaster step, Rock, Recover, Side, Vine with cross, 3/4 Unwind L, 1/4 L, R side

2 & 3 Step LF back, together, step LF fwd,

4 & 5 step RF fwd, Recover, 1/4 turn R step RF to R,

6 & 7 cross LF behind RF, step RF to R, cross LF over RF

8 & 13 / 4 turn L, step LF fwd, 1/4 turn L step RF side (9:00)

A3: Back rock, Recover, Side, (2x) L behind, Sweep, 1/4 Turn L, Walk, Walk

2 & 3 back rock, recover, LF side

4 & 5 back rock, recover, RF side

6 LF behind

7 & 8 RF sweep, 1 / 4 turn L step LF fwd, step RF fwd (6:00)

A4: L fwd, 1/2 turn L on LF with sweep, Lock step RLR, Pivot 1/2 turn, Shuffle full turn

1 2 LF fwd, 1 / 2 turn on LF with sweep of RF (bend knees)

3 & 4RF fwd, LF lock behind, RF fwd

5 & 6LF fwd, Pivot 1 /2 turn R, step LF fwd

7 & 8 1/2 turn L, 1 /2 turn L, step RF fwd (6:00)

Part B: (16 count)

B1: Diamond turning L; cross, Side, Back, Back, Side, Fwd (2x)

1 & 2LF across RF, RF side, 1 /8 turn L LF back (4:30)

3 & 4RF back, 1 /8 turn L LF side, RF fwd (1:30)

5 & 6LF across RF, RF side, 1 /8 turn L LF back (10:30)

7 & 8RF back, 1 /8 turn L LF side (9:00), 1/4 turn L RF fwd (6:00)

B2: Rock, Recover, Side, 1/4 turn cross rock, Recover side, Back, Side, Cross

1LF fwd

2 & 3RF rock fwd, Recover, RF side

4 & 5 1/4 R sweep LF to front into a cross rock, recover, LF side (9:00)

6 & 7 & 8RF back rock, recover, RF big step side, together, cross RF over LF

Part C (32 count)

C1: L Fwd, 1/2 turn, Together, Back, 1/4 R, Point L, Sway 2x, 1/4 L LF fwd, 1/2 Turn L step RF back, Step back on LF

1 2 1/4 turn L step LF fwd, 1 /2 turn L on LF (RF next to LF) (12:00)

3 & 4LF back, 1 /4 turn R step RF to R, LF point toe L (3:00)

5 6 Sway L, Sway R

7 & 8 1/4 turn L step LF fwd, 1/2 turn step RF back, Step LF back (6:00)

C2: Sweep (2x), Side, 1/2 turn R, Side, Rock, Recover, 1/4 turn L, 1/4 Turn L, Fwd,

1/2 Turn L, LF fwd

1 2step RF fwd, sweep LF across RF,

3 & 4sweep RF across LF, 1/4 turn R step LF back, 1/4 turn R RF to side (12:00)

5 & 6cross LF over RF, Recover, 1/4 turn L step LF fwd (9:00)

& 7 & 8 1/4 turn L (step RF together), LF fwd, 1/2 turn L (step RF together), LF fwd (12:00)

C3: Cross, Recover, Side (2x), R over L, Full turn unwind, Sway (2x)

1 & 2cross rock RF over LF, Recover, RF side

3 & 4cross rock LF over RF, Recover, LF side

5 6cross RF over LF, Full turn unwind L

7 8 Sway L, Sway R (12:00)

C4: Pivot 1/2 turn R, Reverse coaster, Back, Recover, Kick, Walk, Step together

1 2LF fwd, Pivot 1 /2 turn R step RF fwd (6:00)

3 & 4LF fwd, RF Together, LF back

5 & 6 & Step RF back, recover, Kick RF, Step RF next to LF

7step LF fwd

8RF next to LF

Tag

1 2 Sway, Sway

**** Note:**

The original music is very slow to dance to.

We suggest that you speed up the music by roughly 8% (as used in the demo) through suitable software.

We have created a version where the tempo is increased without altering the pitch.

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=113325