

# LIGHTIN UP

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Bob Bonett

**Music:** Soak Up The Sun by Sheryl Crow

## STEP CROSS, STEP CROSS, STEP CROSS, RONDE'

- &1-2** Step back on left, cross right over left, hold
- &3-4** Repeat &1-2
- &5-6** Repeat &3-4
- 7-8** Slide left foot around to cross over right and take weight

## SIDE SHUFFLE, ROCK RECOVER, ½ PIVOT KICK BALL CHANGE

- 9&10** Side shuffle, right together left, right to side
- 11-12** Rock back on left, recover on right
- 13-14** Step forward on left, pivot half turn to right, weight on right
- 15&16** Kick left foot forward, step left in place, step right next to left

## STRUTS WITH HIP BUMPS, SAILOR STEP, ½ TURN PIVOT

- 17&18** Step left toe forward step down left heel(bumping hips left, right, left)
- 19&20** Step right toe forward, step down right heel, (bumping hips right, left, right)
- 21&22** Step left behind right, step right to side, step left in place
- 23-24** Step forward right pivot ½ turn to left(weight on left)

## ROCK RECOVER, ¾ SHUFFLE TURN, SIDE SHUFFLE, SYNCOPATED CROSS

- 25-26** Rock forward on right, recover on left
- 27&28¾** Turning shuffle to right, right left right
- 29&30** Shuffle to side left right left
- 31&32--** Step right behind left, step left to side, cross right over left

## REPEAT

## TAG

**At end of first wall**

**1&2** Bump hips left, right, left

**3&4** Bump hips right, left, right

**5-6-7-8** Roll hips left, right, left, right(weight on right)

**RESTART**

**After 10th wall do dance up to and including steps 19&20, then start from beginning**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=28038](https://www.linedance.com/index.php?f=dance_view&id=28038)