

LIT

Description: 32 ct, 4 wall, Intermediate
Choreographed by: Trevor Thornton and Candee Seger - Oct 2016
Music: Lit by Trace Adkins
Intro: 32 cts

Seq: 40, 32, 40, 32, 40, 32 (*Repeat last 8), 40(+Repeat bonus), 32, 32

SLIDE 1/2 HINGE HITCHES R (2X), ROCK, RECOVER, CROSS, HOLD, BALL, CROSS

1,2 Slide R to r side (1), turn 1/2 r hitching L knee up (2)

3,4 Slide L to l side (3), turn 1/2 r hitching R knee up (4)

5&6 Rock R to r side (5), recover L (&), cross R over L (6)

7&8 Hold (7), recover L (&), cross R over L (8)

1/4 L ROCK, RECOVER, COASTER, FULL TURN L, SHUFFLE FORWARD (RUN, RUN, RUN)

1,2 1/4 l rock fwd L (1), recover R (2)

3&4 Step L back (3), step R next to L (&), step L fwd (4)

5,6 1/2 l step back R (5), 1/2 left step fwd L (6)

7&8 Step R fwd, step L fwd, step R fwd - 9:00

ROCK, RECOVER, 1/2 L SHUFFLE, KICK, STEP, LOCK, STEP, STEP, 1/4 R, CROSS

1,2 Rock L fwd, recover R

3&4 1/2 l shuffle turn step on L, step R fwd, step L fwd

5&6& Kick R fwd (5), step on R (&), step L behind R (6), step on R (&)

7&8 Step L fwd (7), 1/4 r step R to r side (&), cross L over R (8) 6:00

LUNGE R, RECOVER, BEHIND, SIDE, CROSS, 1/4 L, 1/2 L, SAILOR W/CROSS

1,2 Lunge R to r (upper torso rolling w/ lunge), recover L

3&4 Step R behind L (3), step L to l side (&), cross R over L (4)

5,6 1/4 turn l step fwd L, 1/2 turn l step back R

7&8 Sweep L behind R, step R next to L, cross L over R - 9:00

*WALL 6: Repeat counts 25-32 (instrumental section begins this portion)

+BONUS:

KICK HOOK, KICK FLICK, KICK HITCH, STEP, HOLD (5), BALL STEP, TAP (2X), FLICK

1&2& Kick R fwd (1), Hook R over L (&), Kick R fwd (2), Flick R toe back (&)

3&4 Kick R foot fwd (3), hitch R knee up (&), step R to r side (4)

5&6 Hold (5), step L next to R (&), step R to r side (6)

7&8 Tap R heel to floor 2x (7&), Flick R toe back (8)