

Lightning Express

48 Count, 4 Wall, Intermediate

Choreographer: Shanthie De Mel (Australia)

October 2011

Choreographed to: Lightning Express
by The Everly Brothers (102 bpm)

Begin: Wt. on L. 12 count instrumental intro. Start on vocals.

1 WALTZ BACK. FWD. SLOW KICK

1. 2. 3 Step R back. Close L to R. Step R in place
4. 5. 6 Step L fwd. Slow kick R fwd for 2 counts (12:00)

2 BACK. CROSS. BACK. (REPEAT ON OTHER FOOT)

1. 2. 3 Step R back diag to right side. Cross L over R. Step R back diag
4. 5. 6 Step L back diag to left side. Cross R over L. Step L back diag (12:00)

3 CROSS. HOLD. HOLD. ROCK SIDE. RETURN. BACK

1. 2. 3 Cross R over L. Hold. Hold
4. 5. 6 Rock L to left side. Return R in place. Step L behind R heel (12:00)
(Styling: At cross-hold, bend both knees & spread out arms to each side.)

4 CROSS. HOLD. HOLD. ROCK SIDE. RETURN. BACK

1. 2. 3 Cross R over L. Hold. Hold
4. 5. 6 Rock L to left side. Return R in place. Step L behind R heel (12:00)
(Styling: At cross-hold, bend both knees & spread out arms to each side.)

5 SAILOR WALTZ BACK x2

1. 2. 3 Cross R behind L. Step L to left side. Step R to right side.
4. 5. 6 Cross L behind R. Step R to right side. Step L to left side. (12:00)

6 SIDE SWAY. TOUCH. HOLD. (TO RIGHT & LEFT)

1. 2. 3 Step R to right side swaying. Touch L to R. Hold.
4. 5. 6 Step L to left side swaying. Touch R to L. Hold. (12:00)

7 FWD LOCK WALTZ x2

1. 2. 3 Step R fwd. Lock L behind R. Step R fwd
4. 5. 6 Step L fwd. Lock R behind L. Step L fwd (12:00)

8 SLOW PADDLE 1/4 LEFT. BACK DRAG

1. 2* 3 Step R fwd. Turn 1/4 left keeping weight on R for 2 counts
4 - 6 On L take a big step diag back with a drag pointing R diag fwd for 3 counts (9:00)

Ending (optional) At count 44* of last rotation make 3/4 turn left on L to face 12:00 (2 counts)
Step R to right side (3 counts).

This dance is dedicated to my class mate Hyacinth Ragel-Jones of Sydney, with fond memories of yesteryear & 'The Everly Brothers in Concert singing Lightning Express' !

Split floor dance to Beginner dance FARE CHANCE to the same music by Shanthie De Mel.

Music download available from iTunes
