

Lights In The Cit-Te (aka Lights in The City)

32 Count, 2 Wall, Intermediate

Choreographer: Michael Barr (USA) Nov 2012

Choreographed to: Lights by Journey, CD: Greatest Hits
(76bpm)

Counting Notes: The rhythm of the dance is counted as, 8&a1, 2, 3, 4&a5, 6, 7.

Lead: 16 count.

1 - 8 ROCK BACK, RETURN, FORWARD – STEP SIDE, CROSS, STEP SIDE, TOUCH BACK, CROSS, STEP SIDE, TOUCH – BACK, CROSS, 1/4 L, 1/4 L PRESS R SIDE RIGHT

1, 2, 3 Step back on ball of R; Return weight onto L in place; Step R forward

4&a5 Step L side left; Step R in front of L; Step L side left; Touch R side right

6&a7 Step R back; Step L in front of R; Step R side right; Touch L side left

8&a1 Step L back; Step R in front of L; Turn ¼ left, step L forward; Turn ¼ left, press ball of R side right 6:00

Note: Most weight will be on the R (bent R knee) during the press with a slight transfer to L as you straighten knee.

9 - 16 PULSE, STEP SIDE – BEHIND, ¼ TURN R, STEP IN PLACE, STEP BACK, BACK, BACK – SAILOR ¾ TURN L, STEP BACK (LRLR)

2, 3(2) Press/pulse again into ball of R & return (slight weight change to L); (3) Step R side right (weight on R)

4&a5 Step L behind R; Turn ¼ right stepping R forward; Step L in place; Step back on R 9:00

6, 7 Step back on L; Step back on R (look over left shoulder)

8&a1 Step L behind R turning ¼ left; Turn ¼ left onto R in place; Turn ¼ left onto L in place; Step R back 12:00

Note: Counts 8&a will be the ¾ sailor step turn in place with count 1 as your step back

17-24 STEP BACK, BACK – BACK, ½ R, ¼ R, CROSS - ROCK SIDE L, RETURN, CROSS FRONT, ¼ L, ¼ L, CROSS FRONT (starts a ¾ walk/run turn)

2, 3 Step L back; Step R back

4&a5 Step back on L; Turning ½ right, step R forward; Turning ¼ right, step L side left; Step R in front of L 9:

Note: On count 4 prepare for a ½ turn right by looking over your right shoulder to start the body turning

6, 7 Rock onto L side left; Return weight onto R in place (open hips slightly to your right diagonal)

8&a1 Step L in front of R; Turn ¼ left, step back on R; Turn ¼ left, step L side left; Step R in front of L 3:00

Note: Count 1 starts a walk/run section to your left (the lyrics: Woh, oh, oh, oh – 1,2,3,4&a5)

25-32 CONTINUE L TURN w/ WALK, WALK (L,R) - CONTINUE TURNING TO L DIAGONAL ON BACK WALL (L,R,L, ROCK ONTO R) – RETURN, STEP BACK – CROSS, BACK, BACK

2, 3 Continue turning ½ left taking 2 walking steps onto your L then R 9:00

4&a5 With the feel of 3 running steps L,R,L, arc ¼ left to the back wall left diagonal; Rock forward on R 6:00

Note: 4&a5 continues from 9 o'clock wall with 3 runs and a forward rock to the left diagonal on the back wall.

6, 7 Return weight back on L in place as you open hips slightly to right; Step R back on back right diagonal

8&a Cross L over R stepping back on the right diagonal; Step R directly back; Step L back and slightly left

Note: Congrats, you are done. Now just remember to allow your weight to still rock back for count 1:-)

Let's Dance It Again!!!