



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Lightweight

80 Count, 2 Wall, Intermediate (Phrased)
Choreographer: Christie Lim (MY) & Peter Reber (SA)
Sept 2016
Choreographed to: Lightweight by Demi Lovato.
Album: Unbroken

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

Start: After 32 counts

Part A (32 count)

Section 1 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&1 3 / 4 turn R (hook RF over LF) step RF fwd, Lock LF behind RF, step RF fwd (6:00)

Section 2 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 & 1 3/4 turn L, step LF fwd, 1/4 turn L step RF side (9:00)

Section 3 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)

Section 4 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 & 4 RF fwd, LF lock behind, RF fwd
5 & 6 LF 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)

Section 1 Diamond Turning L; Cross, Side, Back, Back, Side, Fwd (2x)

1 & 2 LF across RF, RF side, 1 / 8 turn L LF back (4:30)
3 & 4 RF back, 1 / 8 turn L LF side, RF fwd (1:30)
5 & 6 LF across RF, RF side, 1 / 8 turn L LF back (10:30)
7 & 8 RF back, 1 / 8 turn L LF side (9:00), 1/4 turn L RF fwd (6:00)

Section 2 Rock, Recover, Side, 1/4 Turn Cross Rock, Recover Side, Back, Side, Cross

1 LF fwd
2 & 3 RF 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 & 8 RF back rock, recover, RF big step side, together, cross RF over LF

Part C (32 count)

Section 1 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 & 4 LF 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)

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

1 1/2 Turn L, LF fwd
1 2 step RF fwd, sweep LF across RF,
3 & 4 sweep RF across LF, 1/4 turn R step LF back, 1/4 turn R RF to side (12:00)
5 & 6 cross 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)

Section 3

1 & 2

Cross, Recover, Side (2x), R Over L, Full Turn Unwind, Sway (2x)

cross rock RF over LF, Recover, RF side

3 & 4

cross rock LF over RF, Recover, LF side

5 6

cross RF over LF, Full turn unwind L

7 8

Sway L, Sway R (12:00)

Section 4

1 2

Pivot 1/2 Turn R, Reverse Coaster, Back, Recover, Kick, Walk, Step Together

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

3 & 4

LF fwd, RF Together, LF back

5 & 6 &

Step RF back, recover, Kick RF, Step RF next to LF

7

step LF fwd

8

RF 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.**