



## The Weight Is Gone

32 Count, 4 Wall, Improver

Choreographer: Alan Birchall & Jacqui Jax (UK) Apr 2018  
Choreographed to: The Wight Is Gone by Albin Lee Meldau.  
Album: About You

**Start: On The Word 'Knows' Seconds: 5 Counts: 8 BPM: 105**

**Section 1 TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, CROSS X2**

1&2& Touch Right To Right, Step Right By Left, Touch Left To Left, Step Left By Right  
3&4 Touch Right To Right, Hitch Right, Cross Right Over Left  
5&6& Touch Left To Left, Step Left By Right, Touch Right To Right, Step Right By Left  
7&8 Touch Left To Left, Hitch Left, Cross Left Over Right

**Restart Here During 4th Wall - Facing 09:00**

**Section 2 ½ TURN LEFT, PRESS, RECOVER, BEHIND, SIDE, CROSS, STEP, DRAG**

9-10 Make ¼ Turn Left, Stepping Back On Right, Make ¼ Turn Left Stepping Left To Left 06:00  
11-12 Cross Press/Rock Right Slightly Over Left, Recover On Left  
13&14 Sweep Right Behind Left, Step Left To Left, Cross Right Over Left  
15-16 Take A Big Step To Left Drag Right By Left

**Section 3 BALL CROSS, POINT, ¼ TWIST, KICK, COASTER STEP, FULL TURN**

&17-18 Step Right By Left, Cross Left Over Right, Point Right To Right  
19-20 Make A ¼ Turn Right Twisting Both Heels Left (Weight On Left) Kick Right Forward 09:00  
21&22 Step Back On Right, Step Left By Right, Step Forward On Right  
23-24 Make ½ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right

**Alt: Walk Fwd**

**Section 4 'ROCKING' HEEL SPLITS, RECOVER, COASTER STEP, HIP ROLLS**

25&26 Rock Forward On Left Splitting Heels Apart, Bring Heels Together Recovering On Right  
27&28 Step Back On Left, Step Right By Left, Step Forward on Left  
29-30 Stepping Forward on Right Making A ¼ Hip Roll Turn Left 06:00

**Dance Finishes Here Facing 12:00**

31-32 Stepping Forward on Right Making A ¼ Hip Roll Turn Left 03:00

**START AGAIN**