

The Weight Is Gone

Count: 32

Wall: 4

Level: Improver

Choreographer: Alan Birchall & Jacqui Jax (Nuline Dance) April 2018

Music: The Weight Is Gone - Albin Lee Meldau

Track: Available On Amazon & iTunes **CD/Album:** About You - Available June 2018

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

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

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

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

'ROCKING' HEEL SPLITS, RECOVER, COASTER STEP, HIP ROLLS

25&26 Rock Forward On Left Splitting Heels Apart, Bring Heels Together Recovering On Right Alt: Rock, Recover

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