

# THE WEIGHT IS GONE

**Choreographers:** Alan G. Birchall & Jacqui Jax (Nuline Dance)

**Level:** Improver

**Counts:** 32 **Walls:** 4

**Restarts:** One

**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



*Jacqui Jax*  
*Alan G. Birchall*

## 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 4<sup>th</sup> 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**

