

The Lilt

Choreographer: Darren Bailey

Suggested Music: **Travis Tritt: Burnin' Love or any good East Coast swing!**

Type: **4 wall**

Level: **Beginner**

1 & 2 Step Rf to Rside &, close Lf next to Rf, Step Rf to R side

3 - 4 Rock back onto Lf, recover onto RF

5 & 6 Step Lf to L side &, close Rf next to Lf, Step Lf to L side

7 - 8 Rock Back onto Rf, recover onto Lf

1 - 2 Kick Rf forward, Kick Rf to R side

3 & 4 Step back on Rf &, close Lf next to Rf, step forward on Rf

5 - 6 Kick Lf forward, Kick Lf to L side

7 & 8 Step back on Lf &, close Rf next to Lf, Step forward on Lf

1 & 2 Step forward on Rf &, close Lf next to Rf, step forward on Rf

3 - 4 Step forward on Lf, make a 1/2 pivot turn R (weight ends on Rf)

5 & 6 Step forward on Lf &, close Rf next to Lf, Step forward on Lf

7 - 8 Step forward on Rf, make a 1/2 pivot turn L (weight ends on Lf)

1 - 2 Touch R heel forward, twist on heel of Rf and ball of Lf making a 1/4 turn l

3 & 4 Step back on Rf &, close Lf next to Rf, step forward on Rf

5 & 6 Step forward on Lf &, close Rf next to Lf, step forward on Lf

7 - 8 Step forward on Rf, step forward on Lf (can also end with full turn L)

Enjoy dancing!!!