

THE WEIGHT

Choreo: Antoinette de Veth-Claassens

Dance: 4 wall line dance

Level: High Beginner

Counts: 40

Intro: 16 counts, dance starts 2
counts before the song

Music: *"The Weight"* – Danny Vera

L side rock, recover, cross behind-side-cross over, R side rock, recover, cross behind-side-step ¼ L fwd

1 – 2 LF rock L – recover on RF

3 & 4 LF cross behind, RF step aside,
LF cross over

5 – 6 RF rock R – recover on LF

7 & 8 RF cross behind, LF step aside,
RF step ¼ turn L fwd *

Rock fwd, recover, shuffle back, step ½ turn R fwd, step ½ turn R back, cross behind-side-cross over

1 – 2 LF rock fwd – recover on RF

3 & 4 LF step back, RF close,
LF step back

5 – 6 RF step fwd ½ turn R
LF step back ½ turn R

7 & 8 RF cross behind, LF step aside,
RF cross over

Side rock, cross shuffle L & R

1 – 2 LF rock L – recover on RF

3 & 4 LF cross over, RF step behind,
LF cross over

5 – 6 RF rock R – recover on LF

7 & 8 RF cross over, LF step behind
RF cross over *

Point L, close ¼ turn L, side mambo cross, kick ball cross, side mambo, touch

1 – 2 LF point L – ¼ L close next to RF

3 & 4 RF rock R, recover on LF,
RF cross over

5 & 6 LF kick diagonal L fwd,
LF step on ball, RF cross over

7 & 8 LF rock L, recover on RF,
LF touch next to RF

Rock fwd, recover, shuffle back, sailor step ¼ R, fwd mambo, touch

1 – 2 LF rock fwd – recover on RF

3 & 4 LF step back, RF close,
LF step back

5 & 6 RF cross behind, LF step ¼ turn R
RF step fwd

7 & 8 LF rock fwd, recover on RF
LF touch next to RF

Start over again!

Restarts:

* wall 3 after sec. 3 (count 24)

* wall 7 after sec. 1 (count 8)