

# Lit



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Count: 32                      Wall: 4                      Level: Intermediate  
Choreographer: Trevor Thornton and Candee Seger – Oct 2016  
Music: "Lit" by Trace Adkins

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Seq: 40, 32, 40, 32, 40, 32 (\*Repeat last 8), 40(+Repeat bonus), 32, 32

Intro: 32 counts

[1-8]: Slide 1/2 Hinge Hitches R (2x), Rock, Recover, Cross, Hold, Ball, Cross  
1,2           : Slide R to right side (1), turn 1/2 right hitching L knee up (2)  
3,4           : Slide L to left side (3), turn 1/2 right hitching R knee up (4)  
5&6          : Rock R to right side (5), recover L (&), cross R over L (6)  
7&8          : Hold (7), recover L (&), cross R over L (8)

[9-16]: 1/4 L Rock, Recover, Coaster, Full Turn L, Shuffle Forward (run, run, run)  
1,2           : 1/4 left rock forward L (1), recover R (2)  
3&4          : Step L back (3), step R next to L (&), step L forward (4)  
5,6          : 1/2 left step back R (5), 1/2 left step forward L (6)  
7&8          : Step R forward, step L forward, step R forward - 9:00

[17-24]: Rock, Recover, 1/2 L Shuffle, Kick, Step, Lock, Step, Step, 1/4 R, Cross  
1,2           : Rock L forward, recover R  
3&4          : 1/2 left shuffle turn step on L, step R forward, step L forward  
5&6&         : Kick R forward (5), step on R (&), step L behind R (6), step on R (&)  
7&8          : Step L forward (7), 1/4 right step R to right side (&), cross L over R (8) 6:00

[25-32]: Lunge R, Recover, Behind, Side, Cross, 1/4 L, 1/2 L, Sailor w/Cross  
1,2           : Lunge R to right (upper torso rolling w/ lunge), recover L  
3&4          : Step R behind L (3), step L to left side (&), cross R over L (4)  
5,6          : 1/4 turn left step forward L, 1/2 turn left step back R  
7&8          : Sweep L behind R, step R next to L, cross L over R - 9:00  
\*WALL 6: Repeat counts 25-32 (instrumental section begins this portion)

**+BONUS:**

[33-40]: Kick Hook, Kick Flick, Kick Hitch, Step, Hold (5), Ball Step, Tap (2x), Flick  
1&2&         : Kick R forward (1), Hook R over L (&), Kick R forward (2), Flick R toe back (&)  
3&4          : Kick R foot forward (3), hitch R knee up (&), step R to right side (4)  
5&6          : Hold (5), step L next to R (&), step R to right side (6)  
7&8          : Tap R heel to floor 2x (7&), Flick R toe back (8)

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