

Light A Candle



Competition Step Sheet

DIVISION: Allstars Gems

Description: 64 Counts, Phrased, WCS, Country
Choreographer: Fred Whitehouse & Shane McKeever
Music: Losing Sleep by Chris Young
Album: Losing Sleep
Intro: 36 Counts
Note: Sequence: **A,B,A*,A,B,B*,B**
Dancers will dance as follows:
A B A* Vanilla
A B B* Variation
B Vanilla

Part A: 24 counts

- 1-8 Step Sweep L, Press, Heel Swivel, Kick, Together, Side Rock R, Recover, Together, Side Rock L, Recover, Step Forward**
1,2 Step RF Fwd Sweeping LF from Back to Front, Press LF Fwd
3&4 Swivel L Heel to L, Bring L Heel back to Centre, Kick LF Fwd, Transferring weight back to RF
&5,6 Step LF next to RF, Rock RF to R Side, Recover on to LF
&7&8 Step RF next to LF, Rock LF to L Side, Recover on to RF, Step LF Fwd
- 9-16 Step Glide ½ Turn L, ½ Turn L, ½ Turn L, Grapevine R, Flick R, Rock R Forward**
1,2 Step RF Fwd, Pivot ½ Turn L, placing weight on to LF (Moonwalk Glides, Push off RF gliding back on to LF)
3,4 ½ Turn L Stepping RF back, ½ Turn L Stepping LF Fwd
(*Restart here during 2nd A pattern)
5,6& Step RF to R Side, Cross LF behind RF, Step RF to R Side
7&8 Cross LF in front of RF, Flick R Heel Up, Rock RF Fwd
- 17-24 Recover Sweeping Rf, Behind, Side, Heel and Cross, Step R to R Side, Hold, 1 1/4 Turn L**
1,2 Recover weight on to LF sweeping RF from front to back, Cross RF behind LF
&3&4 Step LF to L Side, R Heel to R Side, close RF next to LF, Cross LF in front of RF
5,6 Step RF to R Side, Hold (Prepping Body to R)
7&8 ¼ Turn L Stepping LF Fwd, ½ Turn L Stepping RF Back, ½ Turn L Stepping LF Fwd

Note: When dancing A into B you Start B with ½ Turn L, however when dancing B into B you Start B with ¼ Turn L

Part B: 40 counts

- 1-8 ½ Turn L, Body Roll, ¼ Turn R Step Together, Step Rf to R Side with Slight L Leg Lift, Cross, Step Touch Together x2, Step Rf**

Forward to Diagonal, Step LF Fwd Hitching R Knee, Step Back Sweeping L

- 1,2 ½ turn L touching RF back, body roll back placing weight on RF
&3,4 Step LF back, ¼ turn R stepping RF to R side as you lift L knee, cross LF over R
&5&6 Step RF to R side, touch LF next to R, step LF to L side, touch RF next to R
&78 1/8 turn R stepping RF to R diagonal, step LF Fwd hitching R knee, step RF back sweeping LF from front to back

9-16 Sweep x2, Weave, ¾ Curve walk, Boogie walks x3

- 1,2 Step LF back sweeping RF from front to back, step RF back sweeping LF from front to back
3&4 Step LF behind R, 1/8 turn R stepping RF to R side, cross LF over R
5&6 ¾ turn R curve R,L,R
7&8 Walk Fwd L,R,L (boogie walks)

(*Restart here during 3rd B pattern)

17-24 Rock, Recover ¼ turn L, ¼ turn R with a Kick, Cross LF over R, Point, ½ turn L point, ½ turn L point, Kick diagonal

- 1,2 Rock RF Fwd, ¼ turn L stepping LF to L side
3,4 ¼ turn R placing weight on RF as you kick LF Fwd, cross LF over R
5,6 Point RF to R side, ½ turn L point RF to R side, (click both fingers when you point)
7,8 ½ turn L point RF to R side (Raise R hand up making a stop sign when you point RF) 1/8 turn L kicking RF to L diagonal

25-32 Ball step fwd L, Step fwd R, Rock fwd, Rock side, Lock unwind 7/8 turn L, out, out & cross

- &1,2 Close RF next to L, step LF Fwd diagonal, step RF Fwd diagonal
3&4& Rock LF Fwd, recover, rock LF to L side, recover
5,6 Touch LF behind R, unwind 7/8 L finish with weight on LF
&7&8 Step RF out, step LF out, step RF in, cross LF over R

33-40 Side Rock recover, Ball Rock recover, step fwd, R mambo, step back with a sweep, ½ turn sailor L

- 1,2& Rock RF to R side, recover weight onto L, ½ turn R stepping R to R side
3&4 ½ turn R Rock LF to L side, recover weight onto R, cross LF over R
5&6 Step RF back diagonal, step LF to L side, cross RF over L
&7& Step LF back diagonal, step RF to R side, cross LF over R,
8& ¼ turn L stepping RF back, ¼ turn L stepping LF Fwd