

It Through The Night Cha Cha

COPPER KNOB
BY SHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Kuk Kumson (KOR) - December 2020

Musik: Help Me Make It Through the Night (feat. Loren Allred) - Michael Bublé



Intro : 20 counts - ** No Tag, No Restart

Sec. 1) Back, Rock Back, Recover, Forward Shuffle, Spiral Full Turn L, Forward Shuffle

1-3 RF back LF (1), Rock LF back RF (2), Recover on RF (3)
4&5 LF forward (4), Lock RF behind LF (&), LF forward (5)
6-7 RF forward Spiraling full turn L (6-7) (12:00)
8&1 LF forward (8), Lock RF behind LF (&), LF forward (1)

Sec. 2) Sway (R, L), Behind, Side, Cross, Sway (L, R), Behind, 1/4R, Forward

2-3 RF to R side with sway R (1), Sway L (2)
4&5 Behind RF over LF (4), LF to L side (&), Cross RF over LF (5)
6-7 LF to L side with sway L (6), Sway R (7)
8&1 Behind LF over RF (8), 1/4R RF forward (&) (3:00), LF forward (1)

Sec. 3) Rock Forward, Recover, Back Shuffle, Rock Back, Recover, Forward Sailor 1/4L

2-3 Rock RF forward (2), Recover on LF (3)
4&5 RF back LF (4), Lock LF cross over RF (&), RF back LF (5)
6-7 Rock LF back RF (6), Recover on RF (7)
8&1 Cross LF over RF (8), 1/4L RF back LF (&) (12:00), LF to L side (1)

Sec. 4) Forward Sailor 1/4R, Forward, Pivot 1/2L, Rock Forward, Recover

2&3 Cross RF over LF (2), 1/4R LF back RF (&) (3:00), RF to R side (3)
4-6 LF forward (4), RF forward (5), Pivot 1/2L (6) (9:00)
7-8 Rock RF forward (7), Recover on LF (8)

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