The Nightlife Slide

Ebene:

Choreograf/in: Wayne Chitenden

Count: 40

Musik: I Love the Nightlife - Scooter Lee

SCUFF & CROSS

- 1-2-3-4 Scuff left forward, cross over right foot, in place, together, (left, left, right, left)
- 5-8 Scuff right foot forward, cross over left foot, turn 1/2 left (unwind), hold & clap hands. (right, right, both)

TOE-HEEL WALKS

- 9-12 Step forward with left toe, lower onto heel, step forward with right toe, lower onto heel (left, left, right, right)
- Toe heel walks: step forward left toe, lower onto heel, step forward & turn 1/2 to left, hold with 13-16 weight on right (left, left, right, hold)

BOUNCES AND TOUCHES:

- 17-20 Bounce left heel twice, bounce right heel twice (left, left, right, right)
- Foot switches similar to tush push: touch right heel forward, quickly bring together & touch 21-24 left heel forward, quickly bring together & touch right heel forward, clap hands as you put weight on right foot (right, left, right, right)

FORWARD GRAPEVINE

25-28 Scuff left foot forward, step forward, cross behind, step forward (left, left, right, left)

FORWARD GRAPEVINE

Scuff right foot forward, step forward, cross behind, step forward (right, right, left, right) 29-32

GRAPEVINE LEFT

33-36 Scuff left foot forward, step side, cross behind, step side & turn ¼ left (left, left, right, left) Scuff right foot forward, step back, step back, step together & clap (right, right, left, right) 37-40

REPEAT





Wand: 0