

Through The Night

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Sophia KSF (MY) - August 2020

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



Dance begins from 16 sec of the song with the word 'Hair'.

SECTION 1: 2 steps back, replace weight & step forward, hip twist ¼ right, 2 steps forward, LF back with 1/2 turn left

- 1 Step LF back
- 2 Step RF back
- 3 Recover weight to LF
- 4 Step RF forward
- 5 Touch LF next to RF with 1/4 turn right
- 6 Step LF forward
- 7 Step RF forward
- 8 ½ turn left with LF back

SECTION 2: Ball change, 2 steps forward, ¼ right with LF forward, ¼ right with RF forward, ¼ right LF forward cross RF

- 1 Touch RF to LF, transfer weight from LF to RF
- 2 Step LF forward
- 3 Step RF forward
- 4 Hold
- 5 LF forward with ¼ right turn (12 o'clock)
- 6 RF forward with ¼ right turn (3 o'clock)
- 7 LF forward cross over RF with ¼ right turn (6 o'clock)
- 8 Hold

SECTION 3: Right cucaracha, LF cross over right, RF cross over left and LF cross over right

- 1 RF to right
- 2 Transfer weight back to LF
- 3 Touch RF next to LF
- 4 Transfer weight from LF to RF
- 5 LF cross over RF 1/8 to the right
- 6 RF cross over LF 1/8 to the left
- 7 LF cross over RF 1/8 to the right
- 8 Hold

SECTION 4: Rolling vine to the right, cross LF over RF, point RF to right, sweep RF ¼ left and hip sway

- 1 RF forward 1/8 right (9 o'clock)
- 2 ½ turn LF back (3 o'clock)
- 3 ¼ turn right stepping RF to right (6 o'clock)
- 4 Cross LF over RF, bending down slightly, weight on LF
- 5 Point RF to right
- 6 Sweep pointed RF ¼ left
- 7 Sway hip to right
- &8 Sway hip left n right, weight finish on RF

(Options : Count 2 - turn with both feet together. Count 6 - Point RF to right with ¼ left turn instead of sweeping)

There is no tag no restart

Hope you Enjoy my Rumba to this beautiful song
