One Good Night

拍数: 48

级数: Improver

编舞者: Micaela Svensson Erlandsson (SWE) - November 2015

音乐: One Good Night - Derek Ryan

Intro: 32 counts	
Section 1: Side.	Behind. Right Chasse. Cross Rock. Left Chasse 1/4 turn left. Step right to right. Step left behind right.
3&4	
	Step right to right. Close left beside right. Step right to right.
5-6	Rock forward on left crossing right. Recover onto right.
7&8	Step left to left. Close right beside left. Turn 1/4 left stepping forward on left.
Section 2: Forward Full Turn. Forward Mambo. Sweep back. Sweep back. Coaster Step.	
1	Turn 1/2 over left shoulder stepping back on right.
2	Turn 1/2 over left shoulder stepping forward on left.
3&4	Rock forward on right. Recover onto left. Step back on right.
5	Sweep left from front to back stepping back on left.
6	Sweep right from front to back stepping back on right.
7&8	Step back on left. Step right beside left. Step forward on left.
Restart here: Walls 3 & 6	
Section 3: Step. 1/4 Turn left. Kick Ball. Heel. Point left. Point right. Tap. Unwind 1/2 right.	
1-2	Step forward on right. Turn 1/4 left.
3&4&	Kick right forward. Step right in place. Touch left heel forward. Step left beside right.
5&	Point right to right side. Step right beside left.
6&	Point left to left side. Step left beside right.
7-8	Tap right back. Unwind 1/2 right.
7-0	rap right back. Onwind 1/2 right.
Section 4: Step. Kick. Ball. Left Point. Right Point. Hitch right. Cross. Heel Jack. Cross Shuffle.	
1-2&3	Step forward on left. Kick right forward. Step down on right. Point left to left.
&4&	Step left beside right. Point right to right. Hitch right knee up.
Ending here: After the points.	
5&6	Cross right over left. Step left foot diagonally back. Touch right heel forward.
&7&8	Step onto right foot. Cross left over right. Step right to right. Cross left over right.
Section 5: Rock 1/4 Turn left. Cross Shuffle. Side. Behind. Left Chasse.	
1-2	Rock right. Recover onto left turning 1/4 left.
3&4	Cross right over left. Step left to left. Cross right over left.
5-6	Step left to left. Step right behind left.
7&8	Step left to left. Close right beside left. Step left to left.
Section 6: Cross. Rock Chasse 1/4 turn right. Step 1/2 turn right. Forward Shuffle.	
1-2	Rock forward on right crossing left. Recover onto left.
3&4	Step right to right. Close left beside right. Turn 1/4 right stepping forward on right.
5-6	Step forward on left. Turn 1/2 right.
7&8	Step forward on left. Close right beside left. Step forward on left.
Restarts: On wall 3 (Facing 9 o'clock) & 6 (Facing 6 o'clock) After Section 2 Note: First you dance 2 walls (12 & 6) but after the Restart you dance 2 other walls (3 & 9).	

After the 2nd Restart you go back to dancing 12 &6 again until the end.

Ending: Dance until Step 4 of Section 4.





墙数:2

Ball. Tap. Unwind 1/2 left.

& 5-6 Step right beside left. Tap left toes back. Unwind 1/2 left.