

Night Shift

拍数: 32 墙数: 2 级数: Beginner
编舞者: HP Low (UK) - August 2018
音乐: Night Shift - Jon Pardi



Section 1: R Heeljack, Grapevine to Left with cross

1 2&3&4 Step R to side, Step L behind R, Step R, Tap L heel, Step L, Cross R over L
5-8 Step L to L, Step R behind L, Step L to L, Cross R over L

Section 2: L Heeljack, Grapevine to Right with cross

1 2&3&4 Step L to side, Step R behind L, Step L, Tap R heel, Step R, Cross L over R.
5-8 Step R to R, Step L behind R, Step R to R, Cross L over R

Section 3: Turning jazz box to R with shuffle, paddle turn to R, step on L Touch R toe behind L

1-2 Cross R over L, Step back on L, angled slightly to R
3&4 Turn ¼ right, step fwd on R, step L behind R, Step fwd on R (3.00)
5-6 Step L fwd and turn ¼ to R (weight on R) (6.00)
7-8 Step L fwd, Touch R toe behind L

Section 4: Going backwards, step lock, step lock step, full L turn in 2 steps, Coaster cross

1-2 3&4 Step R back, step L in front of R, Step R back, Step L in front of R, step R back
5-6 Swing L ft ½ turn to L and step on L, Swing R ft ½ turn to L and step on R (6.00)
7&8 Step back on L, step R next to L, cross L over R

End of Dance -Start over

Easier Options

Instead of Heel jacks in S1&2-

Step R to R (1), step L behind R (2) side rock to R with R ft, recover to L and cross R over L

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Instead of 2 half turns in S4, Steps 5-6 – step back on L, step R next to L

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