

拍数: 64 墙数: 4 级数: Improver / Intermediate
 编舞者: Michele Perron (CAN) - September 2020
 音乐: Night and Day - Gani Tamir



No Tags, No Restarts - CW Rotation

Music Selections:

"Night And Day" by Gani Tamir 190 bpm (3:36 minutes) Album: Night And Day

Introduction: 32 Counts, begin before lyrics

Country Selection:

"Say You Love Me" by Rodney Crowell 190 bpm (3:32 min) Album: The Outsider

Introduction: 32 Counts, begin on lyrics

Christmas Selection:

"Jingle Bells" by George Strait 200 bpm (2:28 min) Introduction: 16 Counts, begin on lyrics

Albums: A Holiday Collection; Classic Christmas

Downloads: iTunes, amazon.com

Sec. I (1- 8) TOE-FANS: OUT, IN, OUT, IN; KNEE HITCH, BACK, HEEL/DIG, HOLD

1,2,3,4 RIGHT Toe Fan Out, RIGHT Toe Fan In, RIGHT Toe Fan Out, RIGHT Toe Fan In
 5,6,7,8 RIGHT Knee Hitch Up, RIGHT Step back, LEFT Heel Dig forward diagonal L, HOLD

Sec. II (9-16) TURN, HOLD, SIDE, HOLD, BEHIND-SIDE-ACROSS, HOLD

1,2,3,4 Turn 1/4 L with LEFT Step forward, HOLD, RIGHT Step side R, HOLD (9 o'clock)
 5.6.7.8 LEFT Step crossed behind R, RIGHT Step side R, LEFT Step across front of R, HOLD

Sec. III (17-24) SIDE/ROCK, HOLD, RECOVER, HOLD, BEHIND-TURN-FORWARD, HOLD

1,2,3,4 RIGHT Rock/Step side R, HOLD, LEFT Recover/Step side L (in place), HOLD
 5.6.7.8 RIGHT Step crossed behind L, Turn 1/4 L with LEFT Step forward, RIGHT Step forward,
 HOLD (6 o'clock)

Sec. IV (25-32) FORWARD, HOLD, TURN, HOLD, ACROSS-BACK-SIDE-HOLD

1,2,3,4 LEFT Step forward, HOLD, Turn 1/4 R with RIGHT Step side R, HOLD (9 o'clock)
 5,6,7,8 LEFT Step across front of R, RIGHT Step back, LEFT Step side L, HOLD

Sec. V (33-40) FORWARD, HOLD, TURN, HOLD, WALK, WALK, WALK, HOLD

1,2,3,4 RIGHT Step forward, HOLD, Turn 1/2 L with LEFT Step forward (in place), HOLD (3 o'clock)
 5,6,7,8 RIGHT, LEFT, RIGHT Steps forward, HOLD

Sec. VI (41-48) HEEL/DIG, BACK, HEEL/DIG, BACK, BACK, HOLD, TOGETHER, HOLD

1,2,3,4 LEFT Heel Dig forward, LEFT Step back, RIGHT Heel Dig forward, RIGHT Step back
 5,6,7,8 LEFT Step back, HOLD, RIGHT Step beside L, HOLD

Sec. VII (49-56) TOE-FANS; OUT, IN, OUT, IN; KNEE/HITCH, BACK, HEEL/DIG, HOLD

1,2,3,4 LEFT Toe Fan out, LEFT Toe Fan in, LEFT Toe Fan out, LEFT Toe Fan in
 5,6,7,8 LEFT Knee Hitch Up, LEFT Step back, RIGHT Heel Dig forward diagonal R, HOLD

Sec. VIII (57-64) TURN/FORWARD-HOLD/CLAP 4X (Full Turn R)

1,2,3,4 Turn 1/4 R with RIGHT Step forward, HOLD/Clap, Turn 1/4 R with LEFT Step forward,
 HOLD/Clap (9 o'clock)
 5,6,7,8 Turn 1/4 R with RIGHT Step forward, HOLD/Clap, Turn 1/4 R with LEFT Step beside R,
 HOLD/Clap (3 o'clock)

Begin Again

Contact: michele.perron@gmail.com
