

Go to Bed

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kevin Formosa (AUS) - August 2020
音乐: I Should Probably Go To Bed - Dan + Shay : (Single - iTunes)



Intro: 8 Counts

[1-8] Fwd, Rock ½ L, Full Turn, ¼ Turn, weave, Cross Rock, Side, Cross

1,2& Step R fwd, Rock fwd L, Recover weight R
3,4& 1/2 L Stepping L fwd, ½ L Stepping R back, ½ L Stepping L fwd (6.00)
5,6& 1/4 L Stepping R to R side, Step L behind R, Step R to R side
7&8& Rock L across R, Recover weight R, Step L to L side, Step R across L (3.00)

[9-16] Nightclub Basic, Spiral ¾, Runaround, Cross, Side Rock, Cross

1,2& Step L to L side, Rock R slightly behind L, Recover weight L
3,4&5 Step R to R side Spiral turning ¾ L, Runaround ½ L Stepping L, R, L
6,7,8& Cross R over L, Rock L to L side, Recover weight R, Step L across R (12.00)

[17-24] Diamond, Nightclub Basic, Full Turn

1,2& Step R to R side, 1/8 L stepping L back, Step R back
3,4& 1/8 L stepping L to L side, 1/8 L stepping R fwd, Step L fwd
5,6,7 Step R to R side, Rock L slightly behind R, Recover weight R
8& (1) ¼ R stepping L back, ½ L stepping R fwd (1/4 L Stepping L to L side to start Nightclub Basic count 1) (6.00)

[25-32] Nightclub Basic, Vine ¼ R, Pivot ½ R, Step Fwd, Full Turn

1,2& Step L to L side (finishing full turn), Rock R slightly behind L, Recover L
3,4& Step R to R side, Step L behind R, 1,4 R stepping R fwd
5,6,7 Step L fwd, Pivot ½ R weight R, Step L fwd
8& ½ L stepping R back, ½ L stepping L fwd (9.00)

Restart: On wall 3 dance the first 16 counts then Restart
Changing the last step to a fwd step to make it easier to restart

Start Again

KEVIN FORMOSA: 0404 332 112 - formosa_k@hotmail.com
V1.0