

Middle of the Night

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Ruth Hughes (UK) - April 2022
音乐: Back To The Future - Bastille



Right sailor behind, left sailor turning $\frac{1}{4}$, rocking chair, rumba box $\frac{1}{4}$ turn

1&2 Step right foot behind left foot, rock left foot out, step right foot to right side
3&4 Step left foot behind right foot, rock right foot out, step left foot to left side turning $\frac{1}{4}$ over left
5&6 Rock right foot forward, recover onto left foot, rock back on right foot, recover on left
7 Step forward on right foot turning $\frac{1}{4}$ over left shoulder bringing left foot beside right
8 Step back on right foot

Side together, cha cha step, cross rock, out rock, cross rock, out

1 Step left foot to left side
2 Close right foot beside left
3&4 Step left foot to left side, close right foot beside, stepping left foot to left side
5& Rock right foot crossing over left foot, recover weight back on left foot
6& Rock right foot to right side, recover onto left foot
7& Rock right foot crossing over left foot, recover weight back on left foot
8 Step right foot to right side

Coaster step left, scuff and hitch turning $\frac{1}{4}$, step, grape vine, sweep, grape vine

1&2 Step back on left foot, bringing right foot beside, step forward on left foot
3 Scuff right heel into a hitch turning $\frac{1}{4}$ over left shoulder
4 Step down on right foot
5&6 Step left foot behind right foot, step right foot to side, cross left foot over right, sweep right foot over left
7&8 Step right foot over left foot, step left foot to side, step right foot behind left

Back rock, 2x walks, step pivot $\frac{1}{2}$, $\frac{1}{2}$ turn, step

1&2 Rock left foot back, recover weight back on to right foot
3 Step forward with left foot
4 Step forward with right foot
5&6 Step forward with left foot, pivot $\frac{1}{2}$ over right shoulder, recover weight to right foot
7 $\frac{1}{2}$ over right shoulder to complete full turn, step back on left foot
8 Step right foot back

Lock step, out out, hold, lock step, out out, hold

1&2 Step left foot back, cross right foot over left, step left foot back
3,4& Step right foot out, step left foot out and hold
5&6 Step right foot back, cross left foot over left, step right foot back
7,8& Step left foot out, step right foot out and hold

Left figure of 8 grapevine, recover

1 Step left foot to left side
2 Step right foot behind left
3 $\frac{1}{4}$ turn stepping left foot forward
4 Step right foot forward
5 Pivot $\frac{1}{2}$ turn to left
6 $\frac{1}{4}$ turn left stepping right to right side
7 Step left behind right
8& Rock right foot over, recover weight on to left foot

