

Somniphobia

拍数: 32 墙数: 4 级数: Improver
编舞者: Rex Allott (UK) - June 2022
音乐: Goodnight Moon - Shivaree



Intro - 28 counts

S1. Heel swivel R, hitch R, step slide R, L cross mambo step

1-2. Swivel heels R, return
3-4. Hitch R knee, return
5-6. Step R to R, slide L next to R
7&8. Cross L over R, step R back, step L next to R

S2. Step R fwd, L back, full chasse turn R, step L fwd, R back, L coaster step

1-2. Step R fwd, step back on L
3&4. Making full turn, step R, L, R
5-6. Step L fwd, step back on R
7&8. Step L back, step R next to L, step L fwd

S3. Syncopated vine L, step R fwd, back, R coaster step

1-2. Step L to L, step R behind L
&3-4. Step L to L, cross R over L, step L to L
5-6. Step R fwd, step back on L
7&8&. Step R back, step L next to R, step R fwd, step L next to R

S4. Scuff, brush cross R over L, 3/4 step, chasse turn R

1-2. Scuff R fwd, back, crossing over L
3-4. Swing R fwd over L, step R next to L
5-6. Turning 1/4 R, step R out fwd, step L next to R
7&8&. Turning 1/2 R, step R out fwd, step L next to R, step R out R, step L next to R

Tag 1. Step slide L, R

1-2. Step L to L, slide R next to L
3-4. Step R to R, slide L next to R

Tag 2. Heel swivel L, hitch L, step slide L, R cross mambo step

1-2. Swivel heels L, return
3-4. Hitch L knee, return
3-4. Step L to L, slide R next to L
7&8. Cross R over L, step L back, step R next to L

Tag 1. After 4th. S4. (Facing 12 o'clock)

Tag 2. & S1. after last S3. to finish facing 12 o'clock