

One Night

拍数: 32 墙数: 2 级数: Novice
编舞者: Peter Stang (DE) - July 2024
音乐: One Night (feat. Meerah) - Rodge



Sequence: A BB A C A BB A CC A BB

A

[1-8] 2 Whisks, Diag. Triple Steps

1&2 R step right, L cross behind R, R recover
3&4 L step left, R cross behind L, L recover
5&6 R step diag. forw (1:00) , L lock behind R, R step forw
7&8 L step diag. forw (11:00), R lock behind L, L step forw

[9-16] RockStep, ½ triple-turn right, Rocking Chair

1,2 R step forw., L Rec,
3&4 Turn ¼ right R Step right, L close, Turn ¼ right R Step forw
5-8 L step forw, R recover, L step back, R recover

[17-24] 2 Whisks, Diag. Triple Steps

1&2 L step left, R cross behind L, L recover
3&4 R step right, L cross behind R, R recover
5&6 L step diag. forw (11:00) , R lock behind L, L step forw
7&8 R step diag. forw (1:00), L lock behind R, R step forw

[25-32] RockStep, ½ triple-turn left, Rocking Chair

1,2 L step forw., R Rec,
3&4 Turn ¼ left L Step left, R close, Turn ¼ left L Step forw
5-8 R step forw, L recover, R step back, L recover

B

[1-8] Travelling Voltas left, Sweep turning ¼ right, Sailor step

1&2& R cross over L, L step left, R cross over L, L Step left
3&4 R cross over L, L step left, R cross over L
5-6 L step back, R Sweep back turning ¼ right
7&8 R step on place, L step beside R, R step right

[9-16] Travelling Voltas right, Rocking Chair

1&2& L cross over R, R step right, L cross over R, R step right
3&4 L cross over R, R step right, L cross over R
5-8 R step forw, L recover, R step back, L recover

C

[1-8] 2x Botafogu, Rock Step, Sailor Step

1&2 R cross over L, L recover, R step right,
3&4 L cross over R, R recover, L step left,
5-6 R step forw, L recover,
7&8 R cross behind L, L recover, R step right

[9-16] Rock Step, Sailor Step, Rocking Chair

1-2 L step forw., R recover
3&4 L cross behind R, R recover, L step left
5-8 R step forw, L recover, R step back, L recover
