

Ladies Night

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Phil Partridge (UK)
音乐: Ladies Night - Atomic Kitten



CROSS ROCK, TRIPLE TURN & ¼ RIGHT, SWAY, LEFT, RIGHT BEHIND SIDE CROSS

1-2 Cross rock right over left, recover onto left
3&4 Triple full turn & ¼ right, stepping right, left, right
5-6 Sway left, sway right
7&8 Step left behind right, side step right, cross left over right

SWAY RIGHT, LEFT, CROSS BACK SIDE, ¼ LEFT, PADDLE FULL TURN LEFT

9-10 Sway right, sway left
11&12 Cross right over left, step back on left, side step right
13 ¼ turn left stepping onto left foot
14-16 Paddle full turn left

Tag and restart here on 3rd wall facing back

MAMBO ½ TURN RIGHT, ROCK STEP, BACK LOCK STEP, FULL TURN RIGHT TOUCH

17&18 Rock forward right, recover onto left, ½ turn right stepping right
19-20 Rock forward on left, recover onto right
21&22 Step back on left, lock right foot in front of left, step back on left
23&24 ½ turn right stepping onto right, ½ turn right stepping back left, touch right toe next to left

RIGHT SHUFFLE FORWARD, STEP ½ TURN STEP, STEP ½ PIVOT BALL STEP, MAMBO ¼ LEFT

25&26 Step forward on right, step left next to right, step forward on right
27&28 Step forward left, ½ turn right stepping right, step forward left
29-30 Step forward right, ½ turn left stepping onto left
&31&32 Step right foot next to left, rock forward on left, recover onto right, ¼ turn left stepping onto left

REPEAT

TAG

1-4 Rock forward right, recover onto left, rock back right, recover onto left

Start dance again from top
