

Ladies Night

拍数: 32 墙数: 4 级数: Improver
编舞者: Kim Swan (UK)
音乐: Ladies Night - Atomic Kitten



Start after 32 counts, with vocal, "Girls we've all got one"

KICK, WALK BACK, TOUCH, LEFT AND RIGHT SHUFFLES FORWARD

&1-2 Kick right forward, step back on right, step back on left
3-4 Step back on right, touch left beside right
5&6 Shuffle forward, stepping left, right, left
7&8 Shuffle forward, stepping right, left, right

FORWARD ROCK, TRIPLE ½ TURN LEFT, JAZZ BOX INTO STEP

1-2 Rock forward onto left, recover weight onto right
3&4 Triple ½ turn to left, stepping left, right, left
5-6 Cross right over left, step back on left
7&8 Step right to right side, step left next to right, step right forward taking weight

SYNCOPATED WEAVE, ROCK, RECOVER, COASTER ¼ TURN LEFT

1-2 Cross left over right, step right to right side
3&4 Cross left behind right, step right to right side, cross left over right
5-6 Rock onto right side, recover weight onto left
7&8 Step right behind left, step left into ¼ turn left, step right forward

FORWARD ROCK, COASTER, KICK & HEEL & TOE, UNWIND ½ TURN

1-2 Rock onto left, recover weight onto right
3-4 Step back on left, step right beside left, step forward on left
5&6 Kick right forward, step down on right, touch left heel forward
&7 Step left back in place, touch right toe behind left
8 Unwind making ½ turn right (finishing with weight on left)

REPEAT

TAG

The third set has a small variation. After sections 1 and 2 (you will be facing the original wall), hold for 4 counts before continuing with sections 3 and 4. For styling, the arms can be swept to the side as the right moves forward to take weight and hold in this position for the four counts