

Night Moves

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: Big Night Out - Ronna Reeves



ROCKIN'

1-2 Rock forward on right foot, rock back on left
3-4 Rock forward on right foot, scuff left foot forward
5-6 Rock forward on left foot, rock back on right
7-8 Rock forward on left foot, scuff right foot forward

TURNIN' AROUND

9-10 Touch right toe to outside of left foot, hold one beat
11-12 Turn ½ turn to the left, hold one beat

HIPS ALIVE

13-14 Bump hips twice to the right
15-16 Bump hips twice to the left
17-20 Move hips in a circular motion to the left completing two circles in four beats of music

STEP & TURN

21-22 Step forward on right foot, turn ½ turn to the left on the balls of both feet
23-24 Step forward on right foot, turn ¼ turn to the left on balls of both feet

SIDE STEPPIN'

Put a little shoulder action in this... Dipping right shoulder when stepping to right, left shoulder when stepping to left

25-26 Step right to right side, step left next to right
27-28 Step right to right side, step left next to right

29-30 Step left to left side, step right next to left
31-32 Step left to left side, step right next to left

DUCKIN'

33 Lean back and touch right heel forward
34 Straighten up and step right foot next to left
35 Lean forward and touch left toe behind,
36 Straighten up and step left foot next to right

37-40 Repeat steps 33-36

SWIVELIN' AWAY (KEEPING FEET TOGETHER...)

41-42 Swivel toes to the right, hold one beat
43-44 Swivel heels to the right, hold one beat
45-48 Swivel toes to the right, heels to the right, toes to the right, heels to center

MORE DUCKIN'

49 Lean back and touch left heel forward
50 Straighten up and step left foot next to right
51 Lean forward and touch right toe behind
52 Straighten up and step right foot next to left

53-56 Repeat steps 49 - 52

MORE SWIVELIN' AWAY (KEEPING FEET TOGETHER...)

57-58 Swivel heels to the left, hold one beat

59-60 Swivel toes to the left, hold one beat

61-64 Swivel heels to the left, toes to the left, heels to the left, toes to center

REPEAT
