The Nightlife Slide



拍数: 40 墙数: 0 级数:

编舞者: Wayne Chitenden

音乐: I Love the Nightlife - Scooter Lee



SCUFF & CROSS

1-2-3-4 Scuff left forward, cross over right foot, in place, together, (left, left, right, left)

5-8 Scuff right foot forward, cross over left foot, turn ½ left (unwind), hold & clap hands. (right,

right, both)

TOE-HEEL WALKS

9-12 Step forward with left toe, lower onto heel, step forward with right toe, lower onto heel (left,

left, right, right)

Toe heel walks: step forward left toe, lower onto heel, step forward & turn ½ to left, hold with

weight on right (left, left, right, hold)

BOUNCES AND TOUCHES:

17-20 Bounce left heel twice, bounce right heel twice (left, left, right, right)

21-24 Foot switches similar to tush push: touch right heel forward, quickly bring together & touch

left heel forward, quickly bring together & touch right heel forward, clap hands as you put

weight on right foot (right, left, right, right)

FORWARD GRAPEVINE

25-28 Scuff left foot forward, step forward, cross behind, step forward (left, left, right, left)

FORWARD GRAPEVINE

29-32 Scuff right foot forward, step forward, cross behind, step forward (right, right, left, right)

GRAPEVINE LEFT

33-36 Scuff left foot forward, step side, cross behind, step side & turn ¼ left (left, left, right, left) Scuff right foot forward, step back, step back, step together & clap (right, right, left, right)

REPEAT