

One Tender Night

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Glennys Croston (UK)
音乐: One Tender Night - Carlene Carter



DIAGONAL FORWARD RIGHT, ON A STEP LOCK, STEP LOCK STEP, STEP DIAGONAL FORWARD LEFT, STEP LOCK, STEP LOCK STEP

1-2 Step forward diagonal on right, lock left behind right
3&4 Step forward diagonal on right, lock left behind right step forward on right
5-6-7&8 Repeat steps 1, 2, 3&4 to left

ROCK FORWARD RECOVER, HALF TURN RIGHT, FORWARD SHUFFLE FULL TURN RIGHT, FORWARD SHUFFLE

9-10 Rock forward on right foot, recover weight on left
11&12 Making a half turn right, shuffle forward right, left right
13-14 Full turn right stepping left right
15&16 Shuffle forward on left, right, left

ROCK FORWARD RECOVER, BACK LOCK BACK, ROCK FORWARD, RECOVER, HALF TURN LEFT, FORWARD SHUFFLE

17-18 Rock forward on right recover on left
19&20 Step back on right, lock left over right, step back on right
21-22 Rock forward on left recover on right
23&24 Making a half turn left, shuffle forward on left right left

CROSS ROCK RECOVER, HALF TURN SHUFFLE FORWARD, CROSS ROCK RECOVER, HALF TURN SHUFFLE FORWARD

25-26 Cross rock right over left, recover weight on left
27&28 Making a half turn right, shuffle forward on right, left right
29-30 Cross rock left over right, recover weight on right
31&32 Making half turn left shuffle forward on left, right, left

QUARTER TURN RIGHT, SIDE BEHIND, SIDE CLOSE SIDE, STEP LEFT TO SIDE, RIGHT BEHIND, SIDE CLOSE SIDE

33-34 Making a quarter turn right, step right to side, step left behind right
35&36 Step right to side, close left beside right, step right to side
37-38 Step left to side, step right behind left
39&40 Step left to side, close right beside left, step left to side

REPEAT
