

# 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



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## 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**

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