These Nights



拍数: 48 **墙数**: 1 **级数**: Improver

编舞者: William Sevone (UK)

音乐: Nights Like These - The Lynns



2X DIAGONAL SHUFFLES FORWARD-SIDE ROCK-RECOVER

1&2 (Body facing forward) left diagonal shuffle forward to the left (left, right, left)

3-4 Rock right foot to right side, recover onto left foot

5&6 (Body facing forward) right diagonal shuffle forward to the right (right, left, right)

7-8 Rock left foot to left side, recover onto right foot

8X TURNING PADDLES / ROCK'S (1/2 RIGHT)

9-16 Turn ½ right with rock steps:

Rock onto - left foot, right foot, left foot, right foot

Left foot, right foot, left foot, right foot (turn slightly on each left rock)

See note at end of dance

2X ROCK-RECOVER-STEP

17-18 Rock forward onto left foot, recover onto right foot

19 Step left foot next to right

20-21 Rock backward onto right foot, recover onto left foot

22 Step right foot next to left

STEP FORWARD, 1/4 LEFT, ROCKS, RECOVERS, STEP BACK, 1/4 RIGHT

23 Step forward onto left foot & turn 1/4 left

24-25 Rock right foot to right side, recover onto left foot

26-27 Rock onto right foot, recover onto left foot

28 Rock onto right foot

29 Step backward onto left foot & turn 1/4 right

RIGHT GRAPEVINE WITH DIAGONAL ROCK, RECOVER

30-33 Right grapevine - with diagonal rock/step to right:

Step right foot to side, step left foot behind right,

Step right foot to side, rock/step left foot forward diagonally right

34 Recover onto right foot

LEFT GRAPEVINE WITH DIAGONAL ROCK, RECOVER

35-38 Left grapevine - with diagonal rock/step to left:

Step left foot to side, step right foot behind left

Step left foot to side, rock/step right foot forward diagonally left

39-40 Recover onto left foot, step right foot to right side

SIDE STEP, 8X TURNING PADDLES / ROCK'S (1/2 RIGHT)

41-48 Turn ½ right with rock steps:

Rock onto - left foot, right foot, left foot, right foot

Left foot, right foot, left foot, right foot (turn slightly on each left rock)

See note at end of dance

REPEAT

DANCE NOTE

Counts 9-16 and 41-48 are not paddle steps but the right foot does remain in a centralized position. If you feel