Tonight

拍数: 32　　　　墙数: 0　　　　级数:

编舞者: Kevin S. Ward (USA)

音乐: Angel - Lionel Richie

SLOW SIDE LUNGE TO RIGHT, SLOW RECOVER LEFT, BEHIND & FRONT, SIDE, TOGETHER

1-2	Step right to right side for a slow 2 count lunge

Keep your right heel off the floor while doing this and raise your right shoulder by stretching the right side of your torso. To assist in this stretch, many dancers bend their right arm, keeping the right hand at the right shoulder, and raise the right elbow high to the right side

3-4	Push off with your right and recover on your left using 2 counts

Keep you right heel off the floor while doing this and raise your left shoulder by stretching the left side of your torso. You can assist with your left elbow as well

5&6	Step right behind left, step left to left side, step right across in front of left
7-8	Step left to left side, step right next to left

ROLL LEFT KNEE LEFT, ROLL BOTH KNEES RIGHT ¼ TURN, WALK FORWARD RIGHT, LEFT, RIGHT, LEFT

1-2	Raise left heel and roll left knee in towards right, then circle out to left using 2 counts
3-4	Raise both heels and roll both knees right while turning ¼ turn right, drop left heel and weight for count 4
5-8	Walk forward right, left, right, left

HITCH, TURN, KICK, COASTER, JAZZ BOX

1-2	Hitch right knee up and across left, swing right knee to right making ¼ turn right

Your right toes should be tucked behind your left knee

3	Kick right forward
4&5	Step back on right, step left next to right, step forward on right
6-8	Cross left over right, step right back, step left to left side

ROCK, RECOVER, BEHIND & FRONT, STEP LEFT, STEP RIGHT, HEAD DOWN, HEAD FORWARD

1-2	Rock right to right side, recover on left
3&4	Step right behind left, step left to left side, step right across in front of left
5-6	Make ¼ turn left while stepping forward with left, step right next to left about shoulder width apart
7-8	Tilt head down (look at your feet), pick head up to look straight ahead

Styling tips: On count 5 slap and hold your left hand on your left thigh. On count 6 slap and hold your right hand on your right thigh. Keep them in place while you look down and up

REPEAT

TAG

At end of walls 2 (facing back), 7 (facing front), and 10 (facing front)

CLAP, TOUCH, TOUCH, PUNCH, PUNCH, HOLD

1	Extend both arms out in front of you and clap your hands
&	Touch left shoulder with right hand (leave your left hand extended)
2	Touch right shoulder with left hand (arms are now crossed)
&	Extend your right arm out in front of yourself with fist clenched
3	Extend your left arm out in front of yourself with fist clenched
4	Hold

FIRST 16 COUNTS OF MAIN DANCE

5-20	Repeat the first 16 counts of the main dance