

# Una Noche

拍数: 32                      墙数: 2                      级数: Intermediate  
编舞者: Bryan McWherter (USA)  
音乐: Give Me Just One Night (Una Noche) - 98 Degrees



## ¼ STEP TURN, STEP, ¼ TURN HEEL JACK, HOLD, STEP, WALKS, STEP ½ TURN

1-2                      Step right foot forward ¼ to the left, step left foot behind right

**Make sure when stepping left foot behind right that your left instep (arch) is behind right heel (3rd position) (now facing 9:00 wall)**

&3-4                      Step right foot back ¼ turn, touch left foot forward, hold

**Now facing 6:00 wall**

&5-6                      Step left foot back next to right, walk forward right, then left

7-8                      Step forward on right foot, turn ½ to the left changing weight to left

## KNEE ROLLS, ¼ STEP TURN, ¼ STEP TURN, STEP BACK, STEP TOGETHER

1                      Touch right toe forward at a 45 degree angle to right, while rolling knee in a circular motion from inside to outside

2                      Step down onto right heel while rolling knee in a circular motion from inside to outside

3                      Touch left toe forward at a 45 degree angle to left, while rolling knee in a circular motion from inside to outside

4                      Step down onto right heel while rolling knee in a circular motion from inside to outside

5                      Step right foot forward while making a ¼ turn to your right

**Now facing 3:00 wall**

6                      Step left foot back while making a ¼ turn to your left

**Now facing 6:00 wall**

7-8                      Step right foot back, step left foot next to right putting weight on left

## ½ STEP TURN, ½ STEP TURN, STEP, TOUCH, HOLD, STEP, ROCK, RECOVER, CROSS, STEP

1                      Step right foot forward ½ to the left

**Now facing 12:00 wall**

2                      Step left foot forward while making a ½ turn to left

**Now facing 6:00 wall**

&3-4                      Step right foot forward, touch left foot forward, hold

**Now facing 12:00 wall**

&5-6                      Left step in place, rock right foot to right side, recover weight back onto left foot

7-8                      Cross step right foot in front of left, step left to left side

## ROCK, RECOVER, ½ STEP TURN, WALK, WALK, WALK, STEP, ½ TURN

1-2                      Rock right foot forward, recover weight back onto left

3                      Step right foot back ½ to right

**Now facing 12:00 wall**

4                      Step forward onto left

5-6                      Step forward onto right, step forward onto left

7-8                      Step forward onto right foot, make a ½ turn to left changing weight onto left foot

**Now facing 6:00 wall**

**REPEAT**

**RESTART**

**On the 10th wall you have to start off with the first 4 counts of the dance. After that begin the dance again.**