

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.