

Goodnight Fred

拍数: 32 墙数: 4 级数: Improver
编舞者: Gerard Murphy (CAN), Marilynne Delurey (CAN) & Cathy Montgomery (CAN)
音乐: When the Lights Go Out - Five



SHUFFLE FORWARD LEFT, SCUFF ¼ TURN LEFT, HITCH LEFT, BUMP AND BUMP

- 1&2 Shuffle forward left, right, left
3-4 Scuff right foot forward, turn ¼ turn left and step right foot forward
5-6 Touch left foot beside right, step left foot in place with a bump to the left
If more comfortable hitch left knee up on count 5
7&8 Bump hips right, left, right

SIDE SHUFFLE LEFT, SAILOR RIGHT, LEFT BEHIND SIDE AND STEP FORWARD, SWIVEL RIGHT TOE

- 1&2 Side shuffle left, right, left
3&4 Sailor shuffle right, left, right
5&6 Step left foot behind right, step right to side, step left foot forward
7&8& Touch right toe forward with toe turned in, swivel right heel out, in, out

TRAVELING MASHED POTATO STEPS BACK RIGHT AND LEFT, RIGHT COASTER STEP, SHUFFLE FORWARD LEFT, AND TWO PADDLE TURNS LEFT ¼ TURN EACH

- &1 Rise up on ball of left foot with toes turned in on both feet, step back on right foot with toes turned out on both feet
&2 Rise up on ball of right foot with toes turned in on both feet, step back on left foot with toes turned out on both feet
3&4 Coaster step right, left, right
5&6 Locking shuffle forward left, right, left
7&8 Turn ¼ left and touch right toe to side, hitch right knee, turn ¼ left and touch right toe to side

WHILE TRAVELING BACK RIGHT FRONT SAILOR, LEFT FRONT SAILOR, WALK FORWARD RIGHT, LEFT, ½ TURN PIVOT LEFT, TOUCH LEFT TOE ACROSS RIGHT

- 1&2 Step right foot across left, step left to side, step right beside left
3&4 Step left foot across right, step right to side, step left beside right
5-6 Walk forward right, left
7-8 Step forward on right, turn ½ left and touch left toe across right

REPEAT

RESTART

After third wall repeat the first 8 counts of the dance and then start dance again

After completing the dance 5 more times repeat the first 8 counts of the dance twice, and then start dance again