

Nightshift

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Marjorie Barnabas-Shaw (MY) - July 2008
音乐: Nightshift - The Commodores : (Album: Nightshift)



Intro Count : 32 Start on vocals

A. ROCK LEFT AND STEP BACK, TOUCH TOE, ROCK RIGHT AND STEP BACK, TOUCH TOE – (CUBAN MOTION)

- 1-2 Rock left to left side. Recover onto right.
- 3-4 Step back left. Touch right toe forward.
- 5-6 Rock right to right side. Recover onto left.
- 7-8 Step back right. Touch left toe forward.

B. FORWARD LEFT, TOGETHER, FORWARD LEFT, POINT RIGHT, CROSS, POINT LEFT, CROSS, POINT RIGHT.

- 1-2 Step forward left. Step right beside left.
- 3-4 Step forward left. Point right toe to right side.
- 5-6 Cross right behind left. Point left to left side.
- 7-8 Cross left over right. Point right to right side.

C. CROSS BACK, SIDE, CROSS FRONT, 1/4 LEFT, STEP, 1/4 PADDLE LEFT, STEP, 1/4 PADDLE LEFT.

- 1-2 Cross right behind left. Step left to left side.
- 3-4 Cross right over left. Step 1/4 left on left.
- 5-6 Step forward right. Paddle 1/4 turn left.
- 7-8 Step forward right. Paddle 1/4 turn left.

D. WEAVE LEFT AND SWEEP-BACK, BEHIND, SIDE, CROSS, 1/2 TURN RIGHT.

- 1-2 Cross right over left. Step left to left side.
- 3-4 Cross right behind left. Sweep left behind right.
- 5-6 Cross left behind right. Step right to right side.
- 7-8 Cross left over right. Step 1/2 right on right.

E. ROCK, RECOVER, FORWARD SHUFFLE, HEEL AND CHANGE, LEFT COASTER.

- 1-2 Rock forward left. Recover onto right.
- 3&4 Step forward left. Close right beside left. Step forward left.
- 5&6 Touch right heel forward. Step right beside left. Touch left heel forward.
- 7&8 Step back on left. Step right beside left. Step forward left.

F. ROCK, RECOVER, FORWARD SHUFFLE, HEEL AND CHANGE, RIGHT COASTER.

- 1-2 Rock forward right. Recover onto left.
- 3&4 Step forward right. Close left beside right. Step forward right.
- 5&6 Touch left heel forward. Step left beside right. Touch right heel forward.
- 7&8 Step back on right. Step left beside right. Step forward right.

~ * ~ DANCE LIKE YOU HAVE NEVER DANCED BEFORE ~ * ~