

Into The Nightlife

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Dee Musk (UK) - September 2008
音乐: Into the Nightlife - Cyndi Lauper : (CD: Bring Ya To The Brink)



Intro: 16 Count Intro from heavy beat. Approx 10 secs. Start on vocals.

½ Turn L, ¼ Turn L, Cross Rock, Side Cross, Hitch Cross.

1,2 Making a ½ turn L step back on R, make a ¼ turn L stepping L to L side.
3,4 Cross rock R over L, recover weight to L.
5,6 Step R to R side, cross step L over R.
7,8 Lift and hitch R knee up, cross step R over L. (3 o'clock)

¼ Turn R, ¼ Turn R, Cross Rock, Side, Cross, ¼ Turn R, ¼ Turn R.

1,2 Making a ¼ turn R step back on L, make a ¼ turn R stepping R to R side.
3,4 Cross rock L over R, recover weight to R.
5,6 Step L to L side, cross step R over L.
7,8 Making a ¼ turn R step back on L, make a ¼ turn R stepping R to R side. (3 o'clock)

Cross Rock, ¼ Turn L, ¼ Turn L With Hold & Side, Cross Hitch.

1,2 Cross rock L over R, recover weight to R.
3,4 Make a ¼ turn L stepping forward on L, make a ¼ turn L stepping R to R side.
5&6 Hold count 5, step L beside R, step R to R side.
7,8 Cross L over R, hitch R knee to R diagonal. (9 o'clock)

Behind Side, Kick Touch, Kick Step Side, Cross Unwind.

1,2 Cross step R behind L, step L to L side.
3,4 Kick R across L, touch R toe back.
5,6 Kick R across L, step R to R side.
7,8 Cross step L over R, unwind a ½ turn R (weight on L). (3 o'clock)

Hip Bumps R,L,R, Hip Bumps L,R,L, Walk Walk, ½ Turn L, ¼ Turn L.

1&2 Step R to R side and bump hips R,L,R, (optional side body roll here).
3&4 Step L to L side and bump hips L,R,L, (optional side body roll here).
5,6 Walk forward R, walk forward L.
7,8 Make a ½ turn L stepping back on R, make a ¼ turn L stepping L to L side. (6 o'clock)

Touch Back, Hold, Touch Side, Touch Back, ¼ Turn R, ½ Turn R, ¼ Turn R Side, Hold.

1,2 Touch R toe behind L, hold count 2.
3,4 Touch R toe to R side, touch R toe behind L.
5-8 Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L, make a ¼ turn R stepping R to R side, hold count 8. (6 o'clock).

(&) Side Touch, Side Touch, Back Rock, ½ Turn L, ¼ Turn L.

&1,2 Close L beside R, step R to R side, touch L beside R.
3,4 Step L to L side, touch R beside L.
5,6 Rock back on R, recover weight to L.
7,8 Make a ½ turn L stepping back on R, make a ¼ turn L stepping L to L side. (9 o'clock)

Touch Back, Hold, Touch Side, Touch Back, ¼ Turn R, ½ Turn R, Back Rock.

1,2 Touch R toe behind L, hold count 2.
3,4 Touch R toe to R side, touch R toe behind L.
5,6 Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L.

7,8 Rock back on R, recover weight to L. (6 o'clock)

TAG 1: End of Wall 2 facing 12 o'clock wall, then restart dance facing 12 o'clock wall.

Step ½ Turn L, Jazz Box, Point Hold Together.

1,2 Step forward on R, make a ½ turn L.

3-6 Cross step R over L, step back on L, step R to R side, cross step L over R.

7,8& Point R to R side, hold count 8, close R beside L.

Point Hold Together, Walk Walk, Step ½ Turn L, Walk Walk.

9,10& Point L to L side, hold count 10, close L beside R.

11,12 Walk forward R, walk forward L.

13,14 Step forward on R, make a ½ turn L.

15,16 Walk forward R, walk forward L.

TAG 2: End of Wall 5 facing 6 o'clock wall, then restart dance facing 12 o'clock wall.

Tag 2 is Counts 1-12 of Tag 1.
