

Nightshift

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kath Dickens (UK) - August 2010
音乐: Nightshift - Dr. Victor & The Rasta Rebels



Intro: 23 secs from start, or 32 Counts from heavy beat, starting on vocals.. "Marvin"

Rock, Recover, Triple Full Turn Right, Cross, Side, 1/4 Sailor Step Fwd

- 1 - 2 Rock fwd on Right, recover weight back onto Left.
- 3 & 4 Triple full turn to Right on the spot stepping R-L-R (Coaster for easier option).
- 5 - 6 Cross Left over Right, step side Right.
- 7 & 8 Sweep Left Foot behind Right, make 1/4 turn Left stepping on Right, step fwd on Left. (9.00)

&, Walk, Walk, Mambo Fwd, Back, Drag, &, Walk, Walk

- & 1 - 2 Step Right next to left (&) walk fwd L-R
- 3 & 4 Rock fwd on Left, recover weight to Right, step slightly back on Left.
- 5 - 6 Take a long step back on Right, drag Left foot back.
- & 7 - 8 Step onto Left (&), walk fwd R-L.

Rock, Recover, 1/4 Touch, 1/4 Turn, Touch, 1/4 Turn, Sailor Step

- 1 - 2 Rock fwd on Right, recover weight back onto Left
- 3 - 4 Make 1/4 turn to Right and touch Right next to Left, make another 1/4 turn Right stepping fwd on Right. (3.00)
- 5 - 6 Touch Left at side of Right, make another 1/4 turn Right as you step side Left. (6.00)
- 7 & 8 Step Right behind Left, step Left to side, step slightly diagonal Right.

Try doing counts 3 - 6 with hip bumps and a little attitude.

Step, Touch, Shuffle x 2

- 1 - 2 (Moving fwd) step on Left to Left Diagonal, touch Right next to Left.
- 3 & 4 Shuffle to Right diagonal stepping R-L-R.
- 5 - 8 Repeat 1 - 4 again.

Rock, Recover, Triple Full Turn, Cross, 1/4 Turn, 1/4 Chasse

- 1 - 2 Rock fwd on Left, recover weight back onto Right.
- 3 & 4 Triple full turn to the Left on the spot stepping L-R-L (Coaster for easier option)
- 5 - 6 Cross Right over Left, make 1/4 turn Right as you step back on Left (9.00)
- 7 & 8 Make another 1/4 turn Right as chasse to Right to side stepping R-L-R. (12.00)

&, Side, Left Jazzbox, Hip Bumps x 4

- &1- 2 Step Left next to Right (&) Step side Right, cross Left over Right,
- 3 - 4 Step Back on Right, step to side on Left.
- 5 - 8 Bump hips to R-L-R-L * Restarts come here.!!

Rock, Recover, Shuffle Back, Shuffle 1/2, 1/4 Pivot

- 1 - 2 Rock fwd on Right, recover weight on left.
- 3 & 4 Shuffle Back, R-L-R
- 5 & 6 Shuffle 1/2 turn Left L-R-L (6.00)
- 7 - 8 Step fwd on Right, make 1/4 turn Left as you transfer weight onto Left. (3.00)

Cross, Side, Sailor Step x 2

- 1 - 2 Cross Right over Left, step Left to side.
- 3 & 4 Step Right behind Left, step Left to side, step Right to side.
- 5 - 8 Repeat steps 1- 4 starting on Left.

Restarts come on wall 3 (6.00) and wall 6 (12.00)
Optional ending = Just do an extra triple full turn.

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