Stay The Night

拍数: 32

级数: Easy Intermediate

编舞者: Tina Argyle (UK) - January 2011

音乐: Stay the Night - James Blunt : (Album: Some Kind Of Trouble)

Count In : 16 counts from beginning of track.

NOTE: You will be halfway through the first wall of the dance when the lyrics start - this is correct!!!

Right Mambo Fwd. Left Mambo Back, Brush, Step. Side Rock, Behind & Heel & Cross

- 1&2 Rock Fwd. Rt. Recover weight onto Left. Step Rt back.
- 3&4& Rock Back Left. Recover weight Fwd onto Rt. Brush Left at side of Rt. Step Fwd Left
- 5&6 Rock Rt to Rt side. Recover weight onto Left. Step Rt back & slightly behind Left.
- &7&8 Step Left to Left side. Cross Rt heel over Left. Small step Left to Left side. Cross Rt over Left.

Side Rock Cross, 1/2 Turn Cross Flick, Back Together Heel Strut, Right Strut, Left Strut

- 1&2 Rock Left to Left side. Recover weight onto Rt. Cross Left over Rt.
- 3&4& Make 1/4 turn Left stepping back Rt. Make 1/4 turn Left stepping Left to left side. Cross Rt over Left. Flick Left heel up behind you.
- 5&6& Step back on Left. Step Rt beside Left. Touch Left heel fwd drop toes down to floor.
- 7&8& Touch Rt heel fwd drop toes to floor. Touch Left heel fwd drop toes to floor.

Heel Toe Side Together, Side Rock, Step Heel, Toe, Side, Together, Side Rock Cross

- 1&2& Touch Right heel Fwd. Touch Right next to Left. Touch Right toe to Right side. Step Right beside Left.
- 3&4 Rock Left to Left side. Recover weight onto Right. Step Left next to Right.
- 5&6& Touch Right heel Fwd. Touch Right next to Left. Touch Right toe to Right side. Step Right at side of Left.
- 7&8 Rock Left to Left side. Recover weight onto Right. Cross Left over Right. (Body angled slightly to Right diagonal)

Lock Step Back. Coaster Step. Step 1/2 Pivot 1/4 Turn walk Forward Right, Left

- 1&2 Step back Right. Lock Left over Right. Step back Right.
- 3&4 Step back Left. Step back Right. Step Fwd. Left.
- 5 6 Step Fwd. Right. 1/2 Pivot turn Left onto Left.
- 7 8 Make 1/4 turn Left stepping Fwd. Right. Step Fwd. Left.

No Bridges, No Tags, No Restarts!! Just Dance & Enjoy!

Contact: vineline@hotmail.co.uk





墙数:4