

Stay The Night

拍数: 32 墙数: 2 级数: Easy Intermediate
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音乐: Stay the Night - James Blunt : (Single)



N.B. Steps are written in half time at 100 bpm.

32 Count into (20 secs)

Sec 1: LONG STEP RIGHT, TOGETHER, SIDE TOGETHER FORWARD, SIDE BEHIND, CHASSE ¼ TURN LEFT.

1-2 Step long step to right side on right, Step left next to right.
3&4 Step right to right side, Step left next to right, Step right fwd.
5-6 Step left to left side, Cross step right behind left.
7&8 Step left to left side, Step right next to left, Make ¼ turn left stepping left fwd. (9 o'clock)

Sec 2: MAMBO ½ TURN RIGHT, MAMBO ¼ TURN LEFT, TOGETHER, SIDE ROCK, BEHIND SIDE CROSS.

1&2 Rock fwd on right, Recover onto left, Make ½ turn right stepping left fwd.
3&4 Rock fwd on left, Recover onto right, Make ¼ turn left stepping left to left side.
&5-6 Step right next to left, Rock left to left side, Recover onto right.
7&8 Cross step left behind right, Step right to right side, Cross step left over right. (12.00 o'clock)

Sec 3: TOE STRUT, CROSS STRUT, SYNCOPATED MONTEREY ½ TURN, CROSS HEEL JACK, CROSS HEEL JACK ¼ TURN LEFT.

1&2& Touch right toe to right side, Drop right heel taking weight, Cross left toe over right, Drop left heel taking weight. (click fingers on heel drops).
3&4& Point right to right side, Pivot ½ turn right on ball of left stepping right next to left, Point left to left side, Step left next to right.
5&6& Cross step right over left, Step back on left, Dig right heel diagonally forward right, Step right next to left.
7&8& Cross step left over right, Make ¼ turn left stepping back on right, Dig left heel fwd, Step left next to right. (3 o'clock)

Sec 4: FORWARD MAMBO, HITCH, COASTER STEP, KICK BALL STEP, ¾ HITCH TURN.

1&2& Rock fwd on right, Recover onto left, Step right next to left. Hitch left knee.
3&4 Step back on left, Step right next to left, Step fwd on left.
5&6 Kick right fwd, Step right next to left, Step fwd on left.
&7&8& Hitch right knee turning ¼ turn left, Point right toes to right side, Hitch right knee turning ¼ turn left, Point right toes to right side, Hitch right knee turning ¼ turn left (6 o'clock)

Start again