Smooth & Slotted



编舞者: Irene Tang (HK) - July 2011

音乐: All Night Long (feat. Pitbull) - Alexandra Burke: (Album: Overcome Deluxe

Edition)



Alt. Music: Bury Me (6 Feet Under) by Alexandra Burke (Album: Overcome Deluxe Edition)

Count In: After 32 counts (for both music), start dancing on lyrics

SEC 1: WALK, WALK, ANCHOR STEP, BACK, BACK, BACK COASTER

1 – 2	Step R forward,	step I forward

3&4 Step R slightly behind L, recover weight onto L, recover weight onto R

5 – 6 Step L back, step R back

7&8 Step L back, close R to L, step L forward

SEC 2: HIP & STEP, HIP & STEP, FORWARD, RECOVER, 1/2 SHUFFLE R

1&2	Touch R forward bumping hips to R, bump hips to L, transfer weight on R
3&4	Touch L forward bumping hips to L, bump hips to R, transfer weight on L

5 – 6 Rock R forward, recover on L

7&8 Turn 1/2 R on L stepping R forward, lock L behind R, step R forward

SEC 3: POINT, CROSS, POINT, CROSS, FORWARD, RECOVER, BACK COASTER

1 – 2	Point L to L, cross L over R
3 – 4	Point R to R, cross R over L
5 – 6	Rock L forward, recover on R

7&8 Step L back, close R to L, step L forward

SEC 4: SLOW PRISSY WALK X 2, FORWARD, RECOVER, BACK, CLOSE

1 – 4	Slow prissy walk on R, L	
5 – 6	Rock R forward, recover on L	
7 – 8	Big step back on R. close L to R	

TAG: For music of "All Night Long", there is a 4-count tag at the end of Wall 10 (facing 12:00)

1 – 4 Point R forward to diagonal L, slowly sweep R drawing half a circle clockwise towards L

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