

拍数: 64 墙数: 4 级数: Intermediate

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音乐: It Will Rain - Bruno Mars



[1-8] Walk Walk, Rock Recover Step Back, Cross Back and Cross Back, Sway Sway

1, 2	Walk Right,	Walk Left

Rock forward on the right foot, Recover the weight back onto the left, Step back on the right

foot

5&6& Cross left foot over right foot, Step back on the right foot, Step back on the left foot, Cross

right foot over left

7, 8 Step left foot to left side swaying body to the left, Sway body to the right ending with the

weight on the right foot

[9-16] Nightclub Basic, Nightclub Full Turn, Weave

1, 2&	Step left foot to left side, Rock right foot back and slightly behind left, Recover weight onto left

foot

3, 4& Step right foot to right side, Rock left foot back and slightly behind left, Recover weight onto

right foot

5, 6& Making a 1/4 turn left step left foot forward, Step right foot forward turning 1/2 turn left,

Putting weight onto left foot turn body 1/4 left to finish the full turn (12 o Clock)

7&8& Step right foot to right side, Step left foot behind right foot, Step right foot to right side, Cross

left foot over right

[17-24] Rock Recover with a 1/4 Turn Right, 1/2 Turn Right, Walk Walk, Step Lock Step, Rock Recover

1, 2	Turn 1/4 turn right while rocking forward on the right foot, Recover weight back onto the left
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foot (3 o Clock)

3, 4 Turn 1/2 turn over right shoulder stepping right foot forward, Step left foot forward (9 o Clock)

5&6 Step right foot forward, Lock left foot behind right, Step right foot forward

7&8 Rock left foot forward, Recover weight back onto right, Step back with the left foot

[25-32] Rock Side Recover, Step Back, Rock Side Recover Step Back, Rock Side Recover Cross and Cross and Cross

1 & 2	Rock right foot out to right side, Recover weight onto left, Cross right foot behind left
3 & 4	Rock left foot out to left side, Recover weight onto right, Cross left foot behind right

5 & 6& Rock right foot out to right side, Recover weight onto left, Cross right foot in front of left foot,

Step left foot to left side

7 & 8 Cross right foot over left, Step left foot to left side, Cross right foot over left

[33-40] 3/4 Turn Left, Heel Twist With a Weave Half turn

1 & 2	Turn 1/2 Turn	Over left shoulder stepping	left foot forward.	, Turn 1/4 turn left stepping right

foot to right side, Step left foot out to left side (12 o Clock and feet should be apart and

weight is even)

&3&4 Twist left heel out to left side, Bring left heel back to center, Twist right heel out to right side,

Return right heel to center keeping weight on the left foot

&5, 6& Bring right foot to left keeping weight onto left, Step right foot forward and out to the side,

Step left foot forward facing 1:30, Step back on the right foot turning to face 10:30

7, 8& Left foot to left side turning to face 9 o Clock, Right foot Behind left foot, Left foot forward

turning to face 6 o Clock

[41-48] Weave, Sway Sway, Half Turn Weave

1 & 2& Right foot to right side, Step left foot behind right, Step right foot to right side, Cross left foot over right

3, 4	Step right foot to right side swaying body to the right side, Sway body to the left side putting weight onto left foot
5, 6&	Step right foot forward and out to the side, Step left foot forward facing 7:30, Step back on the right foot turning to face 4:30
7, 8&	Left foot to left side turning to face 3 o Clock, Right foot Behind left foot, Left foot forward turning to face 12 o Clock

[49-56] Weave, Sway Sway, Night Club Basic

1 & 2&	Right foot to right side, Step left foot behind right, Step right foot to right side, Cross left foot over right
3, 4	Step right foot to right side swaying body to the right side, Sway body to the left side putting weight onto left foot
5 6&	Step right foot to right side, Rock left foot back and slightly behind right, Recover weight onto right
7 8&	Step left foot to left side, Rock right foot back and slightly behind left, Recover weight back onto left

[57-64] Nightcli	Jb 3/4 Turn, Full Turn Back, Rock 1/2 Turn
1, 2&	Make a 1/4 turn right stepping right foot to right side, Step left foot forward, Make a 1/2 turn over right shoulder putting weight onto right foot (9 o Clock)
3, 4&	Step forward on the left foot, Make a 1/2 Turn over left shoulder stepping right foot back, Make a 1/2 turn over left shoulder stepping left foot forward
5, 6	Step right foot forward, Rock left foot forward
7&8&	Recover weight onto right foot, Make a 1/4 turn right stepping left foot beside right, Make 1/4 turn right stepping right foot forward, Step left foot beside right (ending facing 3 o Clock for the new wall)

Begin dance again

- * 1st RESTART *On the 2nd wall restart after count 52 this keeps you on the same wall so you restart the dance facing 3 o Clock
- ** 2nd RESTART **On the 5th wall which you are facing 9 o Clock dance till count 1,2 Do your Nightclub basic to the left for 1 2& then sway right left for counts 3, 4 to be on the left foot to start dance again facing 9 o clock wall