

# Just 4 tonight

拍数: 32  
编舞者: Jenny Memmel (DE) - April 2012  
音乐: Just 4 Tonite - Paul Carrack

墙数: 2

级数: Newcomer / Improver - Reggae



Or Ich brauch´mal wieder Sonne by Große Jungs  
Or Country: Let your love flow by Bellamy Brothers (89 BPM)  
Style : Everything is loose and easy in Reggae Dancing

## [1-8] Chasse´ R+L, Step touches (2x), Chasse´ right

1&2 step RF to right side LF, step LF next RF, step RF to right..side  
3&4 step LF to left side, step RF next LF, step LF to left .side  
5&6& step RF to right side, touch LF next RF, step LF to left side touch RF next LF  
7&8 step RF to right side, step LF next RF, step to right side

## [9-16] Step touches (2x), Chasse´ left, Toe Strut R+L

1&2& step LF to left side, touch RF next LF, step RF to right side, touch LF next RF  
3&4 step LF to left side, step RF next LF, step LF to left side  
5&6 press your right ball in the ground with hip bump right, recover weight on LF with hip bump left, step RF to right side with hip bump  
7&8 press your left ball in the ground with hip bump left, recover weight on LF with hip bump right, step LF to left side with hip bump left

**(Arm styling for count 5-8: twice while paddling on the right and two left)**

## [17-24] Toe Fan´s R+L, ½ Turn left, Heel kick´s

1&2& step RF slightly diagonal forward fan right toe to right side, bring toe back to center, fan right toe to right side, change your weight on RF  
3&4& step LF slightly diagonal forward fan left toe to left side, bring toe back to center, fan left toe to left side, change your weight on LF

**(Arm styling for counts 1&2&: The fists are pointing at each other and the elbow horizontally in front of the chest),**

**(Arm styling for counts 3&4&: the right hand is shown on the right hip and the left thumb with the arm diagonally upward while waving to the left right left)**

5&6&7&8& turn over third counts - half a rotation over your left shoulder, alternately kick your heel´s into the ground (R+L+R+L+R+L+R+L) on count & your weight on LF

## [25-32] diagonal Chasse´ R+L, diagonal steps backward (R+L+R+L)

1&2 step RF forward to right diagonal, step LF next RF, Step RF forward to right diagonal  
3&4 step LF forward to left diagonal, step RF next LF, Step LF forward to left diagonal

**(Arm styling for count´s 1-4: Push your arms in the air like as if you want flatbeds a balloon in the air, to right and left side).**

5,6,7,8 step RF diagonally backwards to right side, step LF diagonally backwards to left side, step RF diagonally backwards to right side, step LF diagonally backwards to left side

**(Armstyling for count 5-8: It's the same poor fit to the back of the foot goes backwards, the other poor is thereby forward. This will change with each step.)**

Have fun!