

Easy Nightclub

拍数: 32 墙数: 4 级数: Beginner / Improver NC2S
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音乐: Donna - Los Lobos : (CD: La Bamba soundtrack)



16 count intro - Clockwise rotation; start with weight on the left foot

*The versions by Richie Valens and other artists are slower and may have different phrasing

[1-8] NIGHTCLUB BASIC R AND L, SIDE, BEHIND-TURN, ROCK-&-ROCK-&

1-2& Step R to side, step L slightly behind R, step R across L
3-4& Step L to side, step R slightly behind L, step L across R
5-6& Step R to side, step L behind R, turn ¼ R [3] stepping forward R
7&8& Rock forward onto L, recover weight to R, rock back onto L, recover weight to R

[9-16] FORWARD, STEP-TURN, CROSS, SIDE-CLOSE, SWAY L, R, L, TOUCH

1-2& Step forward L, step forward R, turn ¼ L [12] taking weight onto L
3-4& Cross R over L, step L to side, step R next to L
5-8 Step L to side swaying L, sway R, sway L, touch R home

Styling: after the last sway, drag R toes into touch

[17-24] FORWARD, STEP-TURN, CROSS, SIDE-CLOSE, SWAY R, L, R, TOUCH

1-2& Step forward R, step forward L, turn ¼ R [3] taking weight onto R
3-4& Cross L over R, step R to side, step L next to R
5-8 Step R to side swaying R, sway L, sway R, touch L home

Styling: after the last sway, drag L toes into touch

[25-32] NIGHTCLUB BASIC L AND R, SWAY L, R, L, TOUCH

1-2& Step L to side, step R slightly behind L, step L across R
3-4& Step R to side, step L slightly behind R, step R across L
5-8 Step L to side swaying L, R, L, touch R home

Styling: after the last sway, drag R toes into touch

Option for last 4 counts:

5-6 Step L to side, swaying L, sway R
7 Sway L (turn or "open" body slightly toward L diagonal)
8& Cross rock R over L, recover weight to L, squaring body to wall

Note to instructors: Easy Nightclub is intended as a follow-on to some of the 16-count AB dances such as Love Is Alive by Birthe Tygessen or Nightclub Baby Nightclub by Michele Burton. We used the footwork described at the bottom of Michele's step sheet for the nightclub basic. We hope this dance will allow students to practice and reinforce the nightclub rhythm using familiar steps and easy turns. Once mastered, this dance is suitable as a floor split for popular intermediate nightclubs; instructors will decide whether to incorporate tags/restarts if other music is used.

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