

Some Nights (那些夜晚) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Maggie Gallagher (UK) - 2012年09月
音乐: Some Nights - Fun.



64 counts (36 secs) Start on the word 'more' when the beat kicks in
64拍(約36秒)後, 唱到'more'時起跳

第一段 □ CROSS ROCK R/L, CROSS ROCK L/R & SIDE ROCK L/R, L HEEL GRIND ¼ L, L COASTER

- 1-2& Cross rock right over left, Recover on left, Step right to right side
右足於左足前交叉下沉, 左足回復, 右足右踏
- 3&4& Cross rock left over right, Recover on right, Rock left to left side, Recover on Right
左足於右足前交叉下沉, 右足回復, 左足左下沉, 右足回復
- 5-6 Grind left heel across right ¼ turning left, Recover weight on to right [9:00]
左足踵於右足前交叉左轉90度, 右足回復(面向9點鐘)
- 7&8 Step back on left, Step right next to left, Step forward on left
左足後踏, 右足併踏, 左足前踏

第二段 □ R HEEL GRIND ½, R COASTER, & WALK R,L, STEP R, ½ PIVOT L

- 1-2 Grind right heel across left ½ turning right, Recovering weight on to left [3:00]
右足踵於左足前交叉右轉180度, 左足回復(面向3點鐘)
- 3&4 Step back on right, Step left next to right, Step forward on right
右足後踏, 左足併踏, 右足前踏
- &5-6 Step left next to right, Walk forward right, Walk forward left
左足併踏, 右足前走, 左足前走
- 7-8 Step forward on right, ½ pivot left [9:00]
右足前踏, 左軸轉180度(面向9點鐘)

第三段 □ & WALK L,R, STEP L, ¼ PIVOT L, CROSS L, R SIDE, BEHIND & L HEEL

- &1-2 Step right next to left, Walk forward left, Walk forward right
右足併踏, 左足前走, 右足前走
- 3-4 Step forward on left, ¼ pivot right [12:00]
左足前踏, 右軸轉90度(面向12點鐘)
- 5-6 Cross left over right, Step right to right side
左足於右足前交叉踏, 右足右踏
- 7&8 Cross left behind right, Step back on right, Tap left heel forward on slight diagonal
左足於右足後交叉踏, 右足後踏, 左足踵斜角略前點

第四段 □ & CROSS R, BACK L, R HEEL, & ROCK FORWARD L, RECOVER R, L COASTER, STEP R, ½ PIVOT L

- &1&2 Step left next to right, Cross right over left, Step back on left, Tap right heel forward on slight diagonal
左足併踏, 右足於左足前交叉踏, 左足後踏, 右足踵斜角略前點
- &3-4 Small step right next to left, Rock forward on left, Recover on right
右足併踏, 左足前下沉, 右足回復
- 5&6 Step back on left, Step right next to left, Step forward on left
左足後踏, 右足併踏, 左足前踏
- 7-8 Step forward on right, ½ pivot left 右足前踏, 左軸轉180度

*Restart Wall 2 facing 12.00 第二面牆跳至此面向12點鐘, 從頭起跳

第五段 □ R DOROTHY STEP, L DOROTHY STEP, STEP FWD RIGHT, ¾ PADDLE R

- 1-2& Step forward on right, Lock left behind right, Step forward on right diagonal
右足前踏, 左足於右足後鎖踏, 右足斜角前踏
- 3-4& Step forward on left, Lock right behind left, Step forward on left
左足前踏, 右足於左足後鎖踏, 左足前踏
- 5-6 Step forward on right, ¼ right pointing left to left side [9:00]
右足前踏, 右轉90度左足左點(面向9點鐘)
- &7 Hitch left knee, ½ right pointing left to left side [3:00]
左膝抬, 右轉180度左足左點(面向3點鐘)

第六段 □ KICK L & POINT R & L, L SAILOR, R SAILOR, ¼ L SAILOR

- 8&1 Kick left forward, Step left next to right, Point right to right side,
左足前踢, 左足併踏, 左足右點
- &2 Step right next to left, Point left to left side
右足併踏, 左足左點
- 3&4 Cross left behind right, Step right to right side, Step left to left side
左足於右足後交叉踏, 右足右踏, 左足左踏
- 5&6 Cross right behind left, Step left to left side, Step right to right side
右足於左足後交叉踏, 左足左踏, 右足右踏
- 7&8 Sweep left behind right, Make 1/4 turn left stepping right to right side, Step left to left side
左足繞至右足後踏, 左轉90度右足右踏, 左足左踏

***Restart Wall 4 facing 6.00 第四面牆跳至此面向6點鐘, 從頭起跳**

During Wall 4 the music slows slightly – keep dancing through it to the Restart.

第四面牆音樂會慢下來, 配合音樂節奏跳到此, 從頭起跳

第七段 □ WALK R, L, STEP R, ½ PIVOT L, STEP R, TRIPLE FULL TURN R, STOMP R

- 1-2 Walk forward right, Walk forward on left
右足前走, 左足前走
- 3-4-5 Step forward on right, ½ pivot left, Step forward right [6:00]
右足前踏, 左軸轉180度, 右足前踏(面向6點鐘)
- 6&7 Triple full turn right stepping left, right, left
右三步轉圈-左, 右, 左
- 8 Stomp right forward
右足前重踏

第八段 □ L MAMBO FWD, ROCK BACK R, ROCK FWD L, R KICK BALL CHANGE, STOMP R,L

- 1&2 Step forward on left, Step back on right, Step left next to right
左足前踏, 右足後踏, 左足併踏
- 3-4 Rock back on right, Rock forward on left
右足後下沉, 左足回復
- 5&6 Kick right forward, step right next to left, step onto left
右足前踢, 右足併踏, 左足踏
- 7-8 Stomp right, Stomp left 右足重踏, 左足重踏

TAG: End of Wall 1 第一面牆結束時

- 1-2 Stomp out right, Stomp out left
右足重踏, 左足重踏
- 3-4 Stomp in right, Stomp in left
右足重踏, 左足重踏

Wall 5 just dance through until the music kicks back in.

第五面牆一直跳到音樂結束時

