

Lonely Nights

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lorna Mursell (UK) - February 2015
音樂: In the Still of the Night - Jack Jersey



Start on the words "The" Night

SEC (1) CROSS ROCK, REC, CHA CHA RIGHT, CROSS ROCK, REC, CHA CHA LEFT

1-2 Cross right over left, recover on to left
3&4 Cha cha to the right, stepping right, left, right
5-6 Cross left over right, recover on to right
7&8 Cha cha to the left, stepping left, right, left

SEC (2) FORWARD ROCK, REC, SHUFFLE 1/2 TURN RIGHT, FORWARD ROCK, REC, BACK LOCK STEP

1-2 Rock forward on right, recover on to left
3&4 Shuffle 1/2 right, stepping right, left, right
5-6 Rock forward on left, recover on to right
7&8 Step back on left, lock right in front of left, step back on left

SEC (3) BACK ROCK, REC, PADDLE 1/8 LEFT X 2, SKATE RIGHT, LEFT

1-2 Rock back on right, recover on to left
3-4 Paddle 1/8 turn left, stepping right, left
5-6 Paddle 1/8 turn left, stepping right, left
7-8 Skate forward on right, left

TAG & RESTART HERE ON WALL 5 - SEE FOOTNOTE

SEC (4) FORWARD ROCK, REC, COASTER STEP, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE

1-2 Rock forward on right, recover on to left
3&4 Step back on right, step left beside right, step right forward
5-6 Step forward on left, pivot 1/2 turn right
7&8 Step forward on left, step right beside left, step left forward

TAG DURING WALL 5 (3 O'CLOCK)

DANCE UP TO THE SKATES THEN ADD THIS 4 COUNT TAG THEN RESTART THE DANCE AGAIN FROM THE BEGINNING (3 O'CLOCK)

1-2 Rock forward on right, recover on to left
3-4 Rock back on right, recover on to left