Drunk On a Friday Night



拍數: 40 牆數: 2 級數: Intermediate

編舞者: Joyce Plaskett (UK) - March 2015

音樂: Friday Night (Jeremy Wheatley Single Mix) - The Shires



Intro: 8 counts (No Tags Or Restarts!!)

Section 1 – Step Forward.	Toe Touch, St	ep Back, Heel To	ouch. Coaster Step	, Shuffle Forward, Mambo Rock.

1& Step forward on right, touch left toe beside right.2& Step back on right, touch right heel forward.

3&4 Step back on right, close left beside right, step forward on right.5&6 Step forward on left, close right beside left, step forward on left.

7&8 Rock forward on right, recover weight onto left, close right beside left. (12 o'clock)

Section 2 – Run Back, Reverse ½ Pivot Right, Step Forward, ¼ Pivot Right, (Side Step, Toe Touch) x2.

1&2 Step back on left, step back on right, step back on left.

Touch right toe back, make a half turn right (taking weight on right).

Step forward on left, pivot a quarter turn right, cross left over right.

7& Step right to right side, touch left toe beside right.

8& Step left to left side, touch right toe beside left. (9 o'clock)

Section 3 – Shuffle Forward, Mambo Rock, Shuffle Back, ¼ Turn Left, Toe Touch, ¼ Turn Right With Sweep.

Step forward on right, close left beside right, step forward on right.

Rock forward on left, recover weight onto right, close left beside right.

5&6 Step back on right, close left beside right, step back on right.

&7 Make a quarter turn left stepping left to left side, touch right toe to right side.

8 Make a quarter turn right taking weight onto right and sweeping left round from back to front.

(9 o'clock)

Section 4 – Cross, Step Back, Hip Sways, (Side Rock, Cross) x2.

1& Cross left over right, step back on right.

2-4 Step left to left side swaying hips left, sway hips right, sway hips left. 5&6 Rock right to right side, recover weight onto left, cross right over left.

7&8 Rock left to left side, recover weight onto right, cross left over right.(9 o'clock)

Section 5 – (Side Step, Back Rock) x2, 1/4 Turn Left, Back Rock, Triple Full Turn Right.

1 Step right to right side.

2& Rock back on left, recover weight onto right.

3 Step left to left side.

4& Rock back on right, recover weight onto left.5 Make a quarter turn left stepping right to right side.

6& Rock back on left, recover weight onto right.

7&8 Make a full turn right travelling forward, stepping left, right, left.(6 o'clock)

Option: ☐ For dancers who do not wish to turn too much, counts 7&8 can be replaced with 3 runs forward left, right, left.

Ending: To end the dance facing the front you will be dancing section 3 when the music finishes, so on Section 3.

Count 8 Sweep Left from back to front turning a half turn right.

Enjoy!

