

Night Changes

拍數: 32 牆數: 2 級數: Intermediate NC2S
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音樂: Night Changes - One Direction



Restarts In Walls 3 And 6 After 8 Counts (Facing 12.00 O'clock)

S1: Basic Night Club R/L, Syncopated Cross Sailor Steps

1-2& Rf step right, Lf step together , Rf cross in front of Lf (&)
3-4& Lf step left, Rf step together, Lf cross in front of Rf
5& Rf step diagonally forward, Lf cross in front of Rf (&)
6& Rf step back, Lf step left (&)
7& Rf cross in front of Lf, Lf step back(&)
8& Rf step right, Lf cross in front of Rf (&)

***Restart Dance From Here In Wall 3 And 6 When Your Are Facing 12.00 O'clock Wall**

S2: Basic Night Club R, 1/2 Turn R , Side, Cross, Sway (2X) , Basic Night Club R

1-2& Rf step right, Lf step together , Rf cross in front of Lf (&)
3 Lf step left whilst making 1/2 turn right (6.00)
4& Rf step right, Lf cross in front of Rf (&)
5-6 Rf step right swaying to right, recover onto Lf swaying left
7-8& Rf step right, Lf step together, Rf cross in front of Lf (&)

S3: 1/2 Turn R With Sweep, Rock Back R, Recover L, 1/2 Turn L With Sweep, Rock Back L, Scissor Step L, Syncopated Mambo Cross, 3/4 Turn R

1 Lf step left whilst making 1/2 turn right sweeping Rf from front to back (12.00)
2& Rf rock back, recover onto Lf (&)
3 Rf step forward whilst making 1/2 turn left sweeping Lf from front to back (6.00)
4& Lf rock back , recover onto Rf (&)
5&6 Lf step left, Rf step together (&), Lf cross in front of Rf
&7& Rf step right (&), recover onto Lf , Rf cross in front of Lf (&)
8& make 1/4 turn right stepping Lf back (9.00), make 1/2 turn right stepping Rf forward (3.00)

S4: Step Forward L, Mambo Step Forward, Lock Step Back L, 1/4 Turn R With Rock Step R, Recover With 1/4 Turn L, 3/4 Turn L

1 Lf step forward
2&3 Rf rock forward, recover onto Lf (&), Rf step back
4&5 Lf step back, Rf cross in front of Lf, Lf step back
6-7 make 1/4 turn right rocking Rf to right (6.00) , make 1/4 turn left recovering weight onto Lf (3.00)
8& Rf step forward, make 3/4 turn left on Lf (6.00)