

Night Crawl

拍數: 48

牆數: 2

級數: Low Intermediate - Smooth WCS
flavor



編舞者: Jill Babinec (USA) & Debi Pancoast (USA) - November 2016

音樂: Night Crawl (Country Heat) - Jo Dee Messina : (Album: Country Heat)

Intro: 16 count intro, to start with vocals. Pattern: 48_48_32*_48_32*_48

[1 – 8] □ Rotating Poppin Walk

Note: Keep upper body level and use your knees and heels to contain the “pop” in the lower body. There is no “bounce” intended.

- 1&2 1) Step back R, &) Lift both heels to “pop knees” with 1/4 right rotation to 3:00, 2) Lower heels
&3 &) Lift heels/”pop knees” with 1/4 right rotation to 6:00, 3) Lower heels with weight on R
&4 &) Lift heels/pop knees, 4) Touch L toe forward as you lower heels
&5 &) Lift both heels to “pop knees” with 1/4 right rotation to 9:00, 5) Lower heels
&6 &) Lift heels/”pop knees” with 1/4 right rotation to 12:00, 6) Lower heels with weight on L
&7 &) Lift heels/pop knees, 7) Touch R toe back as you lower heels
&8 &) Lift both heels to “pop knees” with 1/4 right rotation to 3:00, 8) Lower heels with weight on R

[9– 16] □ 1/4 Turning Jazz Box, Walk Back, Swivel Back, Swivel Back Triple

- 1,2 1) Step L across R, 2) Step back R opening body to left
3,4 3) Turn 1/4 left to face 12:00 stepping side L, 4) Rock/Press forward R
5,6 5) Step back L, 6) Step back R with bent knee and L heel on ground (L toes fan to left)
7&8 7) Step back L with bent knee and R heel on ground (R toes fan to right), &) Step back R with bent knee and L heel on ground (L toes fan to left), 8) Step back L with bent knee and R heel on ground (R toes fan to right)

Styling note on counts 6-8 above: the knee bends are slight and also bend a little from the hip so your butt sticks out a bit.

[17-24] □ Walk Back, Back, Behind-Side-Forward, Step/Bump n’ Bump, Turn Bump n’ Bump/Step

- 1,2 Small step back R, Small step back L
3&4 Step R behind L, Step side L, Step forward R
5&6 Touch L forward bumping hips left/forward, Bump hips right/back, Bump hips left turning 1/4 right to 3:00 and taking weight on L
7&8 Turn 1/4 right to 6:00 bumping hips right/forward, Bump hips left/back, Bump hips right/forward taking weight on R

[25-32]* □ Rock, Recover, Sweep Sailor Step, Rock-&-Together, Roll It On Down*

- 1,2 Rock forward L, Recover weight back on R releasing L foot to sweep around to back
3&4 Step L behind R, Step side R, Step side/slightly forward L
5&6 Rock forward R, Recover weight back on L, Step together R with split weight
7-8& Body roll top to bottom into slightly bent knees, Take weight on L*

*Restart from beginning of dance at this point on 3rd and 5th rotations.

[33-40] □ Skate, Skate, Triple Step, Cross Rock-&-Side, Cross Rock-&-Side

- 1,2 1) Skate step R, 2) Skate step L
3&4 Triple forward to right diagonal R, L, R
5&6 Rock L across R, Recover weight on R, Step side L
7&8 Rock R across L, Recover weight on L, Step side R

[41-48] □ Rock-&-Back, Back, Back, Pony Hitch, Pony Hitch

- 1&2 Rock forward L, Recover weight back on R, Step back L
3,4 Walk back R, L
5&6 Lean slightly back and step back on R with bent knees for a low bounce, straighten knees,
Bend knees lifting/hitching L slightly so L toes just touch floor
7&8 Lean slightly back and step back on L with bent knees for a low bounce, straighten knees,
Bend knees lifting/hitching R slightly so R toes just touch floor

Add you own flavor and style and above all....Enjoy!!

This step sheet may be freely copied intact, however, modifications to this step sheet may not be made without the permission of the choreographer.

Please contact the choreographers regarding any errors or inconsistencies for correction/revision. Thank you!

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