

Ladies Night

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Wendy Veenstra (NL) & Esmeralda Snethorst (NL) - May 2018
音樂: Ladies Night - Kool & The Gang



Intro : 32 counts

Restart : on Wall 3 after 32 counts facing 6 o'clock

Step Point, Sailor ½ L, Walk 2x, Kick, Behind, Touch (1-8)

1-2 RF step, LF point to side
3&4 LF ½ left, RF to side, LF step (6:00)
5-6 RF step, LF step
7&8 RF kick fwd, RF step back, LF touch fwd (option: look back over your R shoulder)

Step Point, Sailor ½ R, Step, ½ Turn L, ¼ Turn L, ¼ Turn With Sweep (9-16)

1-2 LF step, RF point to side
3&4 RF ½ right, LF step to L, RF step (12:00)
5 LF step
6 RF ½ turn left, step back (6:00)
7 LF ¼ turn left, step forward (15:00)
8 LF ¼ turn left on your L, sweep RF with a touch next to LF (12:00)

Step Point, Step Diagonally Point, Recover, Step Back Touch 2x (17-24)

1-2 RF step, LF point to side
3-4 LF turn 1/8 R, step, RF point to side (1.30)
5-6 RF point back, step on RF
 (option: body roll, finish weight on RF)
&7 LF step back, RF touch next to LF
&8 RF step back, LF touch next to RF (1.30)

Ball Step, Step, Pivot ½ R, Step, 1 1/8 Paddle L (25-32)

&1-2 LF next to RF, RF step, LF step
3-4 RF ½ pivot right, LF step (7.30)
5 LF ¼ turn left, point RF out to right side (4.30)
6 LF ¼ turn left, point RF out to right side (1.30)
7 LF ¼ turn left, point RF out to right side (10.30)
8 LF 3/8 turn left, point RF out to right side (6:00)

*** Restart Point (Wall 3)

Cross, Rock Recover, Cross, ½ Monterey turn R, Step Touch (33-40)

1-2 RF cross over LF, LF rock to side
3-4 RF recover, LF cross RF
5-6 RF point to side, LF ½ right on your LF, close RF next to LF (12:00)
7-8 LF step to side, RF touch next to LF (12:00)

(option: body roll to side, finish weight on LF)

Ball Change, Rock Recover, slide, 2x skates backwards, Hitch, Hold, Behind Side Cross (41-48)

&1-2 RF next to LF, LF rock fwd, RF recover, drag LF back
3-4 LF step back, RF step back
5-6 LF next to RF, hitch R knee from front to back, hold
7&8 RF cross RF behind LF, LF to side, RF cross over LF (12:00)

Side, 3/8 Spiral, Walk 2x, Pivot, Rock Recover (49-56)

1-2 LF to side, LF 3/8 spiral right, weight stays on LF (7.30)
3-4 RF step, LF step
5-6 RF step, LF pivot 1/2 left (1.30)
&7-8 RF next to LF, LF rock fwd, RF recover (1.30)
(option: body roll forward)

Ball Step, Walk, 1/4 Side Shuffle, 3/8 Sailor, Skate x2 (57-64)

&1-2 LF next to RF, RF step, LF step
3&4 RF 1/4 right to side, LF next to RF, RF to side (10.30)
5&6 LF 3/8 left, RF next to LF, LF step (6:00)
7-8 RF skate, LF skate

Start again. Enjoy!
