

Overnight

拍數: 32 牆數: 4 級數: Beginner / Improver WCS
編舞者: Conny van Dongen (NL) - February 2019
音樂: Overnight by The Zac Brown Band - BPM: 92



Note : 1 restart at wall 10

Start : on the lyrics Ain't no time for talking

(S1) HEEL GRIND, COASTERSTEP X2,

1-2 RF step forw. on heel toes turned in, RF turn toes out and place weight on LF
3&4 RF step back, LF together, RF step forw.
5-6 LF step forw. on heel toes turned in, LF turn toes out and place weight on RF
7&8 LF step back, RF together, LF step forw.

(S2) DIAG. LOCK STEPS, 1/8 TURN R & HEEL SWITCHES, TOUCH BACK, 1/2 TURN R

1-2& RF 1/8 turn L and step diag. R forw., LF cross behind, RF step diag. R forw. *
3-4& LF 1/4 turn R and step diag. L forw., RF cross behind, LF step diag. L forw. *
5& RF 1/8 turn L and touch heel forward, RF together
6& LF touch heel forw., LF together
7-8 RF touch toes back, 1/2 turn R (keep weight on LF)

* your body is angled L. as you move diag. R forw., and angled R. as you move diag. L forw.

(S3) CROSS, POINT, 1/4 TURN L SAILOR STEP, TOUCH WITH HIP BUMP, 1/2 TURN L, HIP BUMP

1-2 RF cross, LF touch toes L
3&4 LF 1/4 turn L and cross behind, RF side step, LF side step
5-6 RF touch toe forw. and bump R-hip forw., hip back and put weight on RF
7-8 LF 1/2 turn L and bump L-hip forw., hip back and put weight on LF

(S4) KICK-BALL-STEP, MAMBO STEP, BOOGIE WALKS, TOUCH

1&2 RF kick forw., RF together on ball, LF step forw.
3&4 RF step forw., LF replace weight, RF together
5-6 LF step back & RF turn toes out, RF step back & LF turn toes out
7-8 LF step back & RF turn toes out, RF touch beside LF

RESTART: Wall 10...dance up to count 8 of S2, then restart!!!

Site : www.thedanceconaction.nl