

One Of These Nights

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Tonnie Vos (NL) - April 2019
音樂: One of These Nights - The Sunny Cowgirls



Intro : 32 counts

Step right, back, side, cross, ½ turn right, rock bkw, recover, kickball step

1-2&3 RF step right, LF cross behind rf, RF step right, LF across rf
4-5-6 LF&RF ½ turn right weight on lf, RF rock bkw , recover to LF (6:00)
7&8 RF kick fw, RF step on front of foot, LF step fw

Rock fw, recover, shuffle ½ turn r, walk fw l-r, mambo ¼ left

1-2 RF rock fw, recover to LF
3&4 RF ¼ turn right, LF beside rf, RF ¼ turn right (12:00)
5-6 LF step fw, RF stap fw
7&8 LF rock fw, recover to rf, LF ¼ turn left (9:00)

Cross, back, side, crossrock, recover, chasse l, crossrock, recover

1-2& RF across lf, LF step bkw, RF, step right
3-4 LF rock across rf, recover to RF
5&6 LF step left, RF beside lf, LF step left
7-8 RF rock across lf, recover to LF

Side, tog, chasse ¼ r, l step fw, ½ turn r hook, shuffle fw

1-2 RF step right, LF beside rf
3&4 RF step right, LF beside rf, RF ¼ turn right (12:00)
5-6 LF step fw, LF + RF ½ turn right Hook rf over lf (6:00)
7&8 RF step fw, LF beside rf, RF step fw

Rock fw, recover, shuffle ½ turn left, turn ½ left 2x, mambo fw

1-2 LF rock fw, recover to RF
3&4 LF ¼ turn left, RF beside lf, LF ¼ turn left (12:00)
5-6 ½ turn left RF step bkw, ½ turn left LF step fw
7&8 RF rock fw, recover to LF, Rf step bkw

Point left, point fw, point left, step bkw, point Right, point fw, point right, step bkw

1-2 LF point left, LF point fw
3-4 LF point left LF step bkw
5-6 RF point right, RF point fw
7-8 RF point right, RF step bkw

Point left, step fw, point right, step fw, ¼ turn right, coasterstep, step fw

1-2 LF point left, LF step fw
3-4-5 RF point right , RF step fw, LF ¼ turn right step bkw (3:00)
6&7-8 RF step bkw, LF beside rf, LF step fw

Jazzbox ¼ turn right, rocking chair

1-2 RF across lf, LF ¼ turn right (6:00)
3-4 RF step right, LF step fw
5-6 RF rock fw, recover to LF
7-8 RF rock bkw, recover to LF

