

# It Through The Night Cha Cha

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Kuk Kumson (KOR) - December 2020  
音樂: Help Me Make It Through the Night (feat. Loren Allred) - Michael Bublé



Intro : 20 counts - \*\* No Tag, No Restart

## Sec. 1) Back, Rock Back, Recover, Forward Shuffle, Spiral Full Turn L, Forward Shuffle

1-3            RF back LF (1), Rock LF back RF (2), Recover on RF (3)  
4&5           LF forward (4), Lock RF behind LF (&), LF forward (5)  
6-7            RF forward Spiraling full turn L (6-7) (12:00)  
8&1            LF forward (8), Lock RF behind LF (&), LF forward (1)

## Sec. 2) Sway ( R, L ), Behind, Side, Cross, Sway ( L, R ), Behind, 1/4R, Forward

2-3            RF to R side with sway R (1), Sway L (2)  
4&5            Behind RF over LF (4), LF to L side (&), Cross RF over LF (5)  
6-7            LF to L side with sway L (6), Sway R (7)  
8&1            Behind LF over RF (8), 1/4R RF forward (&) (3:00), LF forward (1)

## Sec. 3) Rock Forward, Recover, Back Shuffle, Rock Back, Recover, Forward Sailor 1/4L

2-3            Rock RF forward (2), Recover on LF (3)  
4&5            RF back LF (4), Lock LF cross over RF (&), RF back LF (5)  
6-7            Rock LF back RF (6), Recover on RF (7)  
8&1            Cross LF over RF (8), 1/4L RF back LF (&) (12:00), LF to L side (1)

## Sec. 4) Forward Sailor 1/4R, Forward, Pivot 1/2L, Rock Forward, Recover

2&3            Cross RF over LF (2), 1/4R LF back RF (&) (3:00), RF to R side (3)  
4-6            LF forward (4), RF forward (5), Pivot 1/2L (6) (9:00)  
7-8            Rock RF forward (7), Recover on LF (8)

Email : [kukums28@gmail.com](mailto:kukums28@gmail.com)