

IT'S a NC2S

拍數: 32 牆數: 4 級數: Improver - NC2S
編舞者: Teri Rauschenbach (USA) & Ilona Tessmer-Willis (USA) - June 2021
音樂: Ain't No Sunshine - Deni Hines : (AppleMusic.com - Amazon.com)



Country song suggestion: "Millionaire" Chris Stapleton or any slower song in any genre.

Intro: Dance starts on the word "gone" (about 3 cts in) No tags/restarts -

S1 Nightclub Basic R & L, Right Step Side, L Back Rock, L Pivot 1/2 Right, R Rock Back

1-2& R Step to Right Side, L Rock behind R, R Recover
3-4& L Step to Left Side, R Rock behind L, L Recover
5-6& R Step to Right Side, L Back Rock, R Recover
7-8& L Turns 1/2 Pivot to Right, R Rock Back, Recover (&) weight on L (6)

S2 Nightclub Basic R & L, Right Step Side, L Back Rock, L Pivot 1/2 Right, R Rock Back

1-2& R Step to Right Side, L Rock behind R, R Recover
3-4& L Step to Left Side, R Rock behind L, L Recover
5-6& R Step to Right Side, L Back Rock, R Recover
7-8& L Turns 1/2 Pivot to Right, R Rock Back, L Recover (12)

S3 R Step Side, L Step Behind, R Step Side, L CrossRock, L Turn 1/4 Left, R & L Full Turn Left, Skate Forward R & L [*OPTION: Ct 5-6 Walk forward R & L]

1-2& R Step to Right Side, L Step behind R, R Side
3&4 L Cross Rock, R Recover, L Turn 1/4 to Left (9)
5-6 L Turn 1/2 Left, R Step Back, L Turn 1/2 Left, L Step Forward [Option: Walk forward R & L]
7-8 R Slide Forward (starts slightly before the beat & a little to side in small curve), (place weight on foot on the beat), L Slide Forward;

S4 R & L Wizard Steps, R Step Back, L Step Back, R Step 1/4 Turn Right, L Step 1/4 Turn Right (3)

1-2& R Step Forward, L (w/Ball of foot) follows behind R, R Step Forward
3-4& L Step Forward, R (w/Ball of foot) follows behind L, L Step forward (keep weight on L)
5-6 R Step Back, L Step Back
7-8 R Step 1/4 Turn Right (12), L Step 1/4 Turn Right (3) - weight on L & start again

Enjoy the dance!

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