

Middle of the Night

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Ruth Hughes (UK) - April 2022
音樂: Back To The Future - Bastille



Right sailor behind, left sailor turning $\frac{1}{4}$, rocking chair, rumba box $\frac{1}{4}$ turn

- 1&2 Step right foot behind left foot, rock left foot out, step right foot to right side
- 3&4 Step left foot behind right foot, rock right foot out, step left foot to left side turning $\frac{1}{4}$ over left
- 5&6 Rock right foot forward, recover onto left foot, rock back on right foot, recover on left
- 7 Step forward on right foot turning $\frac{1}{4}$ over left shoulder bringing left foot beside right
- 8 Step back on right foot

Side together, cha cha step, cross rock, out rock, cross rock, out

- 1 Step left foot to left side
- 2 Close right foot beside left
- 3&4 Step left foot to left side, close right foot beside, stepping left foot to left side
- 5& Rock right foot crossing over left foot, recover weight back on left foot
- 6& Rock right foot to right side, recover onto left foot
- 7& Rock right foot crossing over left foot, recover weight back on left foot
- 8 Step right foot to right side

Coaster step left, scuff and hitch turning $\frac{1}{4}$, step, grape vine, sweep, grape vine

- 1&2 Step back on left foot, bringing right foot beside, step forward on left foot
- 3 Scuff right heel into a hitch turning $\frac{1}{4}$ over left shoulder
- 4 Step down on right foot
- 5&6 Step left foot behind right foot, step right foot to side, cross left foot over right, sweep right foot over left
- 7&8 Step right foot over left foot, step left foot to side, step right foot behind left

Back rock, 2x walks, step pivot $\frac{1}{2}$, $\frac{1}{2}$ turn, step

- 1&2 Rock left foot back, recover weight back on to right foot
- 3 Step forward with left foot
- 4 Step forward with right foot
- 5&6 Step forward with left foot, pivot $\frac{1}{2}$ over right shoulder, recover weight to right foot
- 7 $\frac{1}{2}$ over right shoulder to complete full turn, step back on left foot
- 8 Step right foot back

Lock step, out out, hold, lock step, out out, hold

- 1&2 Step left foot back, cross right foot over left, step left foot back
- 3,4& Step right foot out, step left foot out and hold
- 5&6 Step right foot back, cross left foot over left, step right foot back
- 7,8& Step left foot out, step right foot out and hold

Left figure of 8 grapevine, recover

- 1 Step left foot to left side
- 2 Step right foot behind left
- 3 $\frac{1}{4}$ turn stepping left foot forward
- 4 Step right foot forward
- 5 Pivot $\frac{1}{2}$ turn to left
- 6 $\frac{1}{4}$ turn left stepping right to right side
- 7 Step left behind right
- 8& Rock right foot over, recover weight on to left foot

