

One Night Standards

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kirsteen Currie (UK) - May 2022
音樂: One Night Standards - Ashley McBryde



Intro: 16 counts

Restarts:

Wall 3 - dance 16 counts and restart the dance **

Wall 6 - dance 24 counts and restart the dance ***

Walk, walk, mambo 1/2 turn, & step, 1/2 turn, behind, side, cross

1-2 walk forward right, walk forward left
3&4 rock forward on right, recover on left, 1/2 turn right stepping forward on right
&5-6 step left next to right, step forward on right, 1/2 turn right stepping back on left
7&8 step right behind left, step left to side, cross right over left

(&) cross rock, recover, & cross, side, behind, side, cross, 1/4 left, sailor 1/4 turn cross

&1-2 step left next to right, cross rock right over left, recover on left
&3&4 step right to right side, cross left over right, step right to right side, step left behind right
&5-6 step right to right side, cross left over right, 1/4 turn left stepping back on right
7&8 step left behind right, 1/4 left stepping right to right side, cross left over right **

Side, together, forward, side, together, back, shuffle back, shuffle 1/2 turn left

1&2 step right to right side, step left next to right, step forward on right
3&4 step left to left side, step right next to left, step back on left
5&6 step back on right, step left next to right, step back on right
7&8 1/2 turn left stepping forward on left, step right next to left, step forward left ***

Kick & point, & point & step to side, cross, rock, rec, side rock, rec, sailor 1/4 right &

1&2 kick right foot forward, step right next to left, point left to left side
&3&4 step left next to right, point right to right side, step right next to left, step left to left side
5&6& cross rock right over left, recover on left, rock right to right side, recover on left
7&8& step right behind left, 1/4 turn right stepping left to left side, step right to right side, step left next to right

Last Update: 21 May 2022