Saturday Night Life

級數: Intermediate

編舞者: Oliver Neundorf (DE) - September 2022

音樂: Saturday Night Life - James Carothers

For Ulrike; No Restarts, 1 Tag (3x)

拍數: 64

Note: The dance begins after 20 beats with the entry of the chant

Back RF, Back LF, Coaster Step, Step RF, Stomp Up Side, ¼ Turn R/Kick, Back RF

- 1-22 steps backwards (RF - LF)
- 3&4 RF back - LF next to RF and RF small step forward
- 5-6 LF forward - stomp RF right (without changing weight)
- 7-8 1/4 turn right on ball of LF/RF forward - step back on RF (3 o'clock)

Back LF, Back RF, Coaster Step, Stomp Up Side, ¼ Turn R/Kick, Rock Back RF/Kick LF

- 1-22 steps backwards (LF - RF)
- 3&4 LF back - RF next to LF and small step forward with LF
- 5-6 Stomp RF right (without changing weight) - 1/4 turn right on left ball/RF kick forward (6 o'clock)
- Jump back with RF/LF, kick forward Jump back on LF 7-8

(End: The dance ends after '3&4' in the 6th round - towards 12 o'clock; dance the end sequence at the end)

Side, Behind, Side, Cross, Rock Side, Cross, Hold

- 1-2 Step right with RF - LF cross behind RF
- 3-4 Step right with RF - Cross LF over RF
- 5-6 Step right with RF - weight back onto LF
- 7-8 Cross RF over LF - Hold

Side, Behind, Side, Cross, Rock Side, Cross, Hold

As above, but starting with LF in a mirror image 1-8

1/4 Monterey Turn R Heel, Close R + L

- Touch right toe right 1/4 turn right and touch RF to LF (9 o'clock) 1-2
- 3-4 Touch left toe left - step LF to RF
- 5-6 Touch right heel in front - step RF to LF
- 7-8 Tap left heel in front - step LF to RF

1/4 Monterey Turn R, Heel, Close, Heel, Stomp Up

- 1-2 Touch right toe right - ¹/₄ turn right and touch RF to LF (12 o'clock)
- 3-4 Touch left toe left - step LF to RF
- 5-6 Touch right heel in front - step RF to LF
- 7-8 Touch left heel in front - stomp LF next to RF (without weight change)

Cross, Side, Heel, Close L + R

- 1-2 Cross LF over RF - Small step to the right with RF
- 3-4 Touch the left heel diagonally to the left in front - step LF on RF
- 5-6 Cross RF over LF - Small step left with LF
- 7-8 Touch the right heel diagonally to the right in front - RF close to LF

Jazz Box Turning ¼ L With Touch (With Holds)

- 1-2 Cross LF over RF - Hold
- 3-4 1/4 Turn Left and Step Back with RF - Hold (9 o'clock)
- 5-6 Step Left with LF - Hold
- 7-8 Tap RF next to LF - Hold





牆數:4

Repeat To The End

Tag/Bridge (after the end of 2nd, 4th and 5th round - 6, 12, 9 o'clock) Side, close, step, touch, side, close, back, kick

- 1-2 Step to the right with RF-LF to RF
- 3-4 Step forward with RF tap LF next to RF
- 5-6 Step to L with LF RF approach LF
- 7-8 Step back with LF kick RF forward

Ending: Kick-Ball Change, Stomp

5&6 Kick RF forward - step RF to LF and step in place with LF7 stomp RF next to LF

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