

Stay The Night

拍數: 48 牆數: 2 級數: Improver
編舞者: Karolina Ullénstäv (SWE) - July 2023
音樂: Stay the Night - James Blunt



Intro 32 counts, BPM 96, Restart in wall 5 after 32 counts

Section 1: Steps forward, rock step, steps backwards, coaster step

- 1 RF step forward (facing 12.00)
- 2 LF step forward
- 3 RF rock step forward
- & Recover onto LF (weight on LF)
- 4 RF step back beside LF
- 5 LF step back
- 6 RF step back
- 7 LF step back
- & RF step back beside LF
- 8 LF step forward

Section 2: Walk in a full circle starting left with steps and shuffle steps

- 1 RF step forward 1/8 left
- 2 LF step forward 1/8 left
- 3 RF step forward 1/8 left
- & LF step forward left beside RF
- 4 RF step forward 1/8 left
- 5 LF step forward 1/8 left
- 6 RF step forward 1/8 left
- 7 LF step forward 1/8 left
- & RF step forward left beside LF
- 8 LF step forward 1/8 left (facing 12.00)

Section 3: Steps forward, kick ball point left, steps forward, kick ball point right

- 1 RF step forward
- 2 LF step forward
- 3 RF kick forward
- & RF step in place
- 4 LF point left to the side
- 5 LF step forward
- 6 RF step forward
- 7 LF kick forward
- & LF step in place
- 8 RF point right to the side

Section 4: Jazz Box with ¼ turn right x 2

- 1 RF cross over LF
- 2 LF step slightly back
- 3 Turn ¼ right and step RF forward (facing 03.00)
- 4 LF step beside RF
- 5 RF cross over LF
- 6 LF step slightly back
- 7 Turn ¼ right and step RF forward (facing 06.00)
- 8 LF step beside RF

Section 5: Side steps right with a cross step left and side steps left with a cross step right

- 1 RF step right
- 2 LF step right beside RF
- 3 RF step right
- & LF step right beside RF
- 4 RF cross step left over LF
- 5 LF step left
- 6 RF step left beside LF
- 7 LF step left
- & RF step left beside LF
- 8 LF cross step right over RF

Section 6: Step turn ½ left x 2 ending with rock steps forward and back

- 1 RF step forward
- 2 Turn ½ left on ball of RF ending with weight on LF (facing 12.00)
- 3 RF step forward
- 4 Turn ½ left on ball of RF ending with weight on LF (facing 06.00)
- 5 RF rock step forward
- 6 Recover onto LF (weight on LF)
- 7 RF rock step back
- 8 Recover onto LF (weight on LF)

Have some fun with this lovely track and rhythm! You can feel the Summer vibes!

Last Update: 23 Jul 2023
