

# Make It Thru the Night

拍數: 32      牆數: 2      級數: Improver  
編舞者: Shyka (SG) - August 2023  
音樂: Help Me Make It Through the Night (feat. Loren Allred) - Michael Bublé



Intro: 20 counts @0.15sec, start dancing i.e., count one on the word "HAIR"  
(Singing starts: Take that ribbon from your "HAIR")

## Section 1: RF STEP BACK, LF SWEEP BEHIND SIDE CROSS ROCK RECOVER, RF CROSS, LF BACK COASTER, RF FORWARD SHUFFLE

1            Step RF back and sweep LF, sweep front to back (1)  
2&3        Step LF behind RF (2), step RF to right (&), cross rock LF over RF (3)  
4&5        Recover weight onto RF (4), step LF beside right (&), RF cross over LF (5)  
6&7        Step LF back (6), step RF beside LF (&), step LF forward (6)  
8&1        Step RF forward (8), step LF beside RF (&), step RF forward (1)

## Section 2: LF STEP FWD, PIVOT ¼ TURN CROSS, RF SCISSORS CROSS, LF SIDE CHASSE, RF ¼ TURN COASTER

2&3        Step LF forward (2), ¼ turn right (&) cross LF over RF (3) (3.00)  
4&5        Step RF to the right (4), step LF beside RF (&), RF cross over left  
6&7        Step LF to left (6), step RF beside LF (&), step LF to the left (7)  
8&1        ¼ turn right step RF back (8), step LF slightly to left (&) step RF forward (8) (6.00)

## Section 3: LF FWD SHUFFLE, RF ROCK ¼ TURN NIGHTCLUB STEPS RIGHT & LEFT, RF STEP FORWARD

2&3        Step LF forward (2), step RF beside LF (&), step LF forward (3)  
4&5        Rock RF forward (4), recover onto LF (&) ¼ turn right step RF right dragging LF towards RF (5) (9.00)  
6&7        Rock LF behind RF (6), recover onto RF (&), step to LF dragging RF towards LF (7)  
8&1        Rock RF behind LF (8), recover onto LF (&), step RF forward (1)

## Section 4: LF ½ PIVOT STEP, RF FULL TURN, LF ¼ TURN CROSS, RF SIDE ROCK, LF RECOVER

2&3        Step LF forward (2) ½ turn right (&), step LF forward (3) (3.00)  
4&5        ½ left step RF back (4), ½ left step LF forward (&), step RF forward (3.00)  
6&7        Step LF forward (6), ¼ turn right (&), cross LF over RF (&) (6.00)  
8&        Rock RF to the right (8), recover onto LF (&)

(Weight on left, start the dance again... no tag/ restart)

Last Update: 1 Aug 2023