

# Most Nights

拍數: 40      牆數: 2      級數: Intermediate  
編舞者: Dee Musk (UK) - November 2023  
音樂: Most Nights - Kat & Alex



Track available from [iTunes.co.uk](https://www.itunes.co.uk) and [Amazon Music](https://www.amazon.com). [deedeemusk@gmail.com](mailto:deedeemusk@gmail.com)

Intro 16 Counts - approx 15 secs. Track – 3 mins 18 secs. BPM 72.

One 4 Count Tag. Three Restarts.

**Step Back, ¼ Turn Left, Point Right, ¼ Turn Right with Sweep, Cross, ¼ Turn Left, ¼ Turn Left, Back Rock, Recover, Side, Behind, Side.**

- 1,2&      Step back on R, make ¼ turn L stepping L to L side, point R toe to R side.
- 3          Make ¼ turn R stepping R beside L whilst sweeping L in front of R.
- 4&        Cross L over R, make ¼ turn L stepping back on R.
- 5,6&     Make ¼ turn L stepping L to L side, cross rock R behind L, recover weight to L.
- 7,8&     Step R to R side, cross step L behind R, step R to R side. 6 o'clock

**Cross, Full Turn Left, Back Rock, Recover, ¼ Turn Right, ½ Turn Right, Rock, Recover Sweep, Behind, Side.**

- 1,2&      Cross L over R, make ¼ turn L stepping back on R, make ½ turn L stepping forward on L.
- 3          Make ¼ turn L stepping R to R side.

**Alternative non-turning steps for counts 1,2&3 - Cross, Chasse R.**

- 4&5        Cross rock L behind R, recover weight to R, make ¼ turn R stepping back on L (facing 9.00).
- 6&7        Make ½ turn R stepping forward on R, rock forward on L, recover weight to R sweeping L behind R. (3.00).
- 8&        Cross step L behind R, step R to R side. 3 o'clock

**Cross Rock, Recover, Side, Cross with Sweep, Cross, Side, Behind, ¼ Turn Right, ¼ Turn Right, Behind, ¼ Turn Left, Hitch Right.**

- 1,2&3     Cross rock L over R, recover weight to R, step L to L side, cross R over L sweeping in front of R.
- 4&5        Cross L over R, step R to R side, cross step L behind R.
- 6&7        Make ¼ turn R stepping forward on R, make ¼ turn R stepping L to L side, cross step R behind L.
- 8&        Make ¼ turn L stepping forward on L, hitch R knee. 6 o'clock

**\*Restart during walls 1 and 3 begin again facing 6 o'clock.**

**Back, Run Back x 2, Back Rock, Recover, ½ Turn Right, Back, Run Back x 2, Back Rock, Recover, ½ Turn Right.**

- 1,2&      Step back on R, run back L, R.
- 3,4&      Rock back on L, recover weight to R, make ½ turn R stepping back on L. (12.00).

**\*Restart during wall 5 begin again facing 12 o'clock.**

- 5,6&      Step back on R, run back L, R.
- 7,8&      Rock back on L, recover weight to R, make ½ turn R stepping back on L. 6 o'clock

**¼ Turn Right, Back Rock, Recover, ¼ Turn Left, Step Full Turn Left, Coaster Step, Forward Rock, Recover.**

- 1,2&3     Make ¼ turn R stepping R to R side, cross rock L behind R, recover weight to R, make ¼ turn L stepping forward on L

- 4&5        Step forward on R, make ½ turn L, make a further ½ turn L stepping back on R.

**Alternative non-turning step for counts 4&5 – R Mambo Step.**

- 6&7        Step back on L, step R beside L, step forward on L.
- 8&        Rock forward on R, recover weight to L. 6 o'clock

**Tag danced end of wall 2 facing 12 o'clock wall.**

**Step Back, Rock Back, Recover, Step Forward, Rock Forward, Recover.**

1,2&                Step back on R, rock back on L, recover weight to R.

3,4&                Step forward on L, rock forward on R, recover weight to L.

**Suggested Ending to finish facing 12.00 – dance to count 6&7 of Section 2, then cross L behind R, make ¼ turn R, step L to L side and drag R to beside L or step L forward and make a full spiral turn R.**

**Relax and Enjoy**

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