

# Essentials

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Mercè ORRIOLS (ES) - December 2023  
音樂: Saturday Night Life - James Carothers : (Single)



**\*For all those essential songs that are part of our lives**

**Start dancing on lyrics**

## **Sect. 1 – (R) CROSS ROCK, (R) CHASSÉ, (L) CROSS, (R) SIDE, BEHIND SIDE CROSS**

1-2            Rock right over left, recover on right  
3&4           Step right side, step left close to right, step right side  
5-6           Cross left over right, step right side  
7&8           Cross left behind, step right side, cross left over

## **Sect. 2 – ¼ TURN LEFT & (R) STEP BACK, (L) CROSS TOE TOUCH, (L) SHUFFLE FWD, ¼ TURN LEFT & STOMP RIGHT, (L) KICK, (L) COASTER STEP**

1-2            Turn ¼ left and step right back, hook left touching left toe over right (9:00)  
3&4           Step left forward, step right next to left, step left forward  
5-6           Turn ¼ left and stomp right together, kick left forward (6:00)  
7&8           Step left backwards, step right together, step left forward

## **Sect. 3 – (R) ROCK STEP, ¼ TURN RIGHT SHUFFLE, (L) TOE TOUCH, (L) SCUFF, (L) CROSS SHUFFLE**

1-2            Rock right forward, recover on left  
3&4           Turn ¼ right and step right side, step left together, step right side (9:00)  
5-6           Left toe touch back, scuff left forward  
7&8           Cross left over right, step right slightly side, cross left over right

## **Sect. 4 – (R) ROCK STEP SIDE, (R) CROSS SHUFFLE, (L) SIDE, TOGETHER, (L) SHUFFLE FWD**

1-2            Rock right side, recover on left  
3&4           Cross right over left, step left slightly side, cross right over left  
5-6           Step left side, step right together  
7&8           Step left forward, step right close to left, step left forward

**START AGAIN**

**TAG: After walls 4th, 8th (12:00) & 10th (6:00)**

## **(R) CROSS ROCK, (R) CHASSÉ, (L) CROSS ROCK, (L) CHASSÉ**

1-2            Cross /rock right over left, recover on left  
3&4           Step right side, step left together, step right side  
5-6           Cross /rock left over right, recover on right  
7&8           Step left side, step right together, step left side

**FINAL: On the last wall (11th), dance 13 counts (¼ left & stomp – 12:00)) and stomp left twice.**

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