About Last Night

拍數: 32

級數: Easy Improver

編舞者: Jill Weiss (USA) - March 2024

音樂: About Last Night - Outasight

TWO VAUDEVILLES (SIDE BEHIND AND HEEL AND CROSS)

- 1-2&3&4 Step R to right (1), step L behind R (2), step slightly back on R (&), present L heel to slight left diagonal (3), step on ball of L (&), cross R over L (4)
- 5-6&7&8 Step L to left (5), step R behind L (6), step slightly back on L (&), present R heel to slight right diagonal (7), step on ball of R (&), cross L over R (8)

SCUFF RIGHT, STEP RIGHT, SCUFF LEFT, STEP LEFT, TWIST TOES R-L- R TURNING ¼ RIGHT, HITCH RIGHT

- 1-2-3-4 Scuff R next to L, step R to right, scuff L, step L to left
- 5-6-7-8 Twist toes of both feet slightly right, twist left, twist right turning ¼ right to 3:00, hitch right knee

RESTART HERE ON WALL 7 FACING 9:00

TWO WIZARDS, STEP OUT-OUT, TWIST RIGHT FOOT IN HEEL, TOE, HITCH

- 1-2& Step R forward to slight right diagonal (1), step L behind R (2), step R forward (&)
- 3-4& Step L forward to slight left diagonal (3), step R behind L (4), step L forward (&)
- 5-6-7&8 Step R forward and out, step L forward and out, twist R foot in toward L: toes in (7) heels in (&) small hitch with R (8)

TWO PONY STEPS BACK, OUT OUT, HOLD (CLAP), SWAY RIGHT, SWAY LEFT

- 1&2 Step back R while hitching L knee, step down on L, step back on R hitching L knee
- 3&4 Step back L while hitching R knee, step down on R, step back on L hitching R knee
- &5-6-7-8 Step back on R (&), step back on L (a little apart)(5), hold (6) optional clap, sway right (7), sway left (8) (option to bump, grind, roll have fun!)

Restart on wall 7 starting at 6:00, restarting at 9:00 after 16 counts. (Listen for "the whole party sang")

ENDING: Wall 12 starting at 9:00, dance through 12 counts and twist 1/4 right to 12:00.

All rights reserved, do not change this stepsheet without choreographer's permission. Questions, please contact Jill Weiss at jill@freespindance.com

Last Update: 15 Mar 2024





牆

牆數:4