

Seconds to Midnight

拍數: 88 牆數: 4 級數: Intermediate
編舞者: Chrissie Trent (NZ) - September 2024
音樂: Seconds To Midnight (11:59) - Cassie Henderson



Intro: 32 Counts from heavier beat – Start on lyrics (19 secs approx)

Sequence of dance: 88-48-88-80-48-80

[1-8] DIAGONAL ROCKING CHAIR, WALK R-L, SHUFFLE FWD,

1-2 Rock R out to right diagonal (pushing R hip fwd), Recover on L
3-4 Rock back on R, Recover on L
5-6 Walk fwd R-L
7&8 Step R fwd, Step L next to R, Step R fwd

[9-16] ½ PIVOT, SHUFFLE FWD, FULL TURN, WALK R-L

1-2 Step fwd L, Pivot ½ right (6:00)
3&4 Step L fwd, Step R next to L, Step L fwd
5-6 ½ turn left stepping back on R, ½ turn left stepping fwd on L
7-8 Walk fwd R-L

[17-24] R & L NIGHTCLUB

1-2 Large step to right on R, Dragging L next to R
3-4 Rock back on L, Recover on R
5-6 Large step to left on L, Dragging R next to L
7-8 Rock back on R, Recover on L

[25-32] ROCKING CHAIR, 2 X ½ PIVOTS

1-2-3-4 Rock fwd on R, Recover on L, Rock back on R, Recover on L
5-6-7-8 Step fwd R, Pivot ½ turn left (12:00), Step fwd R, Pivot ½ turn left (6:00)

[33-40] FIGURE 8

1-2-3-4 Step R to right side, Cross L behind R, Turn ¼ right step R fwd, Step fwd L (9:00)
5-6-7-8 Pivot ½ right weight on R, Turn ¼ right step L to left side, Cross R behind L, Step L to left side (6:00)

[41-48] CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, ¼ FWD SHUFFLE

1-2 Cross R over L, Recover on L
3&4 Step R to side, Step L next to R, Step R to side
5-6 Cross L over R, Recover on R
7&8 ¼ turn left stepping fwd on L, Step R next to L, Step L fwd (3:00) *Restarts here Walls 2 & 5*

[49-56] RHUMBA BOX

1-2-3-4 Step R to right side, Step L together, Step R back, Touch L next to R
5-6-7-8 Step L to left side, Step R together, Step L fwd, Touch R next to L

[57-64] V STEP, ½ CIRCLE WALK AROUND

1-2-3-4 Step R out to right diagonal, Step L out to left diagonal, Step R back to centre, Step L next to R
5-6-7-8 Turn 1/8 right step R fwd, Turn 1/8 right step L fwd, Turn 1/8 right step R fwd, Turn 1/8 right step L fwd (9:00)

[65-72] SWEEPS

1-2-3-4 Step fwd R (1), Sweep L from back to front (2), Cross L over R (3), Step R side (4)

5-6-7-8 Cross L behind R (5), Sweep R from front to back (6) Rock back on R (7), Recover on L (8)

[73-80] 2 x ¼ PIVOT TURNS, JAZZ BOX

1-2-3-4 Step fwd R, Pivot ¼ turn left weight on L (6:00) Step fwd R, Pivot ¼ turn left weight on L (3:00)

5-6-7-8 Cross R over L, Step back on L, Step R to right side, Step L together *Restart here Wall 4*

[81-88] ROLLING VINE R, VINE L

1-2-3-4 ¼ turn right step R fwd, ½ turn right step L back, ¼ turn right step R side, Touch L next to R

5-6-7-8 Step L to left side, Cross R behind L, Step L to left side, Touch R next to L clicking fingers

Count down with Cassie on the Vine L – As you Step L side – say 3, As you Cross R behind L – say 2, As you Step L side – say 1, Then click your fingers as you Touch R next to L

RESTARTS:

Wall 2 - dance up to & including Count 48 (1/4 fwd Shuffle) then restart dance facing (6:00)

Wall 4 - dance up to & including Count 80 (Jazz Box) then restart dance facing (12:00)

Wall 5 - dance up to & including Count 48 (1/4 fwd Shuffle) then restart dance facing (3:00)

ENDING: Wall 6 - dance up to & including Count 80 (Jazz Box) ¼ turn right step R fwd, ¼ turn right step L side
