

Lady Of The Night

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Hazel Pace (UK)
音樂: You're a Woman - Bad Boys Blue



CROSS SIDE BEHIND, HEEL JACK, CROSS, SIDE, RIGHT SAILOR, ¼ TURN RIGHT & HEEL

1-2 Cross left over right, step right to right side
3&4 Step left behind right, step back on right, touch left heel forward
&5-6 Step left in place, cross right over left, step left to left side
7&8 Step right behind left making ¼ turn right, step left in place, touch right heel forward

STEP IN PLACE, STEP LOCK, STEP LOCK STEP, ROCK RECOVER, FULL TRIPLE TURN RIGHT ON THE SPOT

&1-2 Step right in place, step forward on left, lock right behind left
3&4 Step forward on left, lock right behind left, step forward on left
5-6 Rock forward on right, recover on left
7&8 Full triple right on the spot on right, left, right

Alternative:

7&8 Right coaster step

CROSS SIDE, LEFT SAILOR STEP, ROCK ¼ TURN RECOVER, FULL TURN LEFT

1-2 Cross left over right, step right to right side
3&4 Step left behind right, right in place, left small step left
5-6 Rock back on right making ¼ turn right, recover on left
7-8 Make ½ turn left stepping back on right, make ½ turn left stepping forward on left

Alternative:

7-8 Walk forward on right, left

RIGHT SHUFFLE, ROCK RECOVER, STEP BACK, HOLD, SIDE RECOVER CROSS

1&2 Step forward on right, left beside right, step forward on right
3-4 Rock forward on left, recover on right
5-6 Step back on left, hold (click fingers shoulder height on the hold)
&7-8 Quickly rock right to right side, recover on left, cross right over left

SIDE TOUCH, KICK & TOUCH, SWITCH, HOLD, ½ MONTEREY TURN RIGHT, TOUCH

1-2 Big step left to left side, slide & touch right beside left
3&4 Kick right foot forward, step right in place, touch left to left side
&5-6 Step left in place, touch right to right side, hold
&7-8 Make ½ turn right stepping right in place, touch left to left side, touch left beside right

STEP LEFT IN PLACE, STEP LOCK, STEP LOCK STEP, ROCK RECOVER, FULL TURN LEFT

&1-2 Step left in place, step forward on right, lock left behind right
3&4 Step forward on right, lock left behind right, step forward on right
5-6 Rock forward on left, recover on right
7-8 Make ½ turn left stepping forward on left, make ½ turn left stepping back on right

Alternative:

7-8 Walk back left, right

ROCK BACK RECOVER, STEP HITCH, & CROSS ¼ TURN LEFT, LEFT SIDE SHUFFLE

1-2 Rock back on left, recover on right
3-4 Step forward on left, hitch right knee across left
&5-6 Step right in place, cross left over right, make ¼ turn left stepping right to right side

7&8 Step left to left side, right beside left, step left to left side

CROSS & HEEL JACK, & CROSS ¼ TURN LEFT, LEFT SHUFFLE BACK, RIGHT MAMBO BACK

1&2 Cross right over left, step left in place, touch right heel forward

&3-4 Step right in place, cross left over right, make ¼ turn left stepping back on right

5&6 Step back on left, right beside left, step back on left

7&8 Rock back on right, recover on left, step forward on right

REPEAT
