

Night Life

拍數: 64 牆數: 1 級數: Intermediate/Advanced
編舞者: Diane Ulm & Joe Bertoni
音樂: On a Good Night - Wade Hayes



JAZZ SQUARE, FORWARD HOP/SCOOT

- 1 Cross right foot over left
- 2 Step back on left foot
- 3 Step right foot to right of left
- 4 Step left foot to place
- 5 Hop/scoot forward with feet together & knees bent
- 6-8 Repeat count 5

HEEL/TOE SWIVELS, ¼ TURN, STEP, ½ TURN, COASTER STEP

- 1 Heels left (feet together)
- 2 Heels right (feet together)
- 3 Toes right (feet together)
- 4 Heels right, ¼ turn left, end left knee up/foot up
- 5 Step left foot forward
- 6 Step right foot forward & pivot ½ turn left (weight back on right)
- 7 Step back on left
- & Step right foot next to left
- 8 Step left foot forward

HEEL ROLLS WITH ¼ TURNS

- 1 Right heel forward, toes left
- 2 Step onto left foot, making a ¼ turn right on right heel
- 3 Step right foot next to left (slightly back)
- 4 Step left foot to place
- 5-8 Repeat counts 1-4

MONTEREY TURNS (½ TURN, ¼ TURN), CRAB WALKS

- 1 Touch right toe out to side
- 2 Step right foot to place, with ½ turn right
- 3 Touch left toe out to side
- 4 Step left foot to place, with ¼ turn left
- 5 Clap
- 6 Cross right foot over left
- & Step left foot behind right
- 7& Repeat steps 6& (6-8 moves left/feet crossed right over left)
- 8 Cross right foot over left

TURN (¼), KICK RIGHT (¼ TURN), LEFT HEEL, RIGHT CROSS, RIGHT HEEL, TOGETHER

- 1 Step out on left foot, making ¼ turn left
 - 2 Kick right foot forward
 - 3 Kick right foot forward, diagonally to right
 - 4 Kick right foot forward, diagonally to right
- Counts 3-4 turn ¼ turn right**
- & Step slightly right & back on right foot
 - 5 Touch left heel out, diagonally to left
 - & Step left foot to place

- 6 Cross right foot over left
- & Step slightly left & back on left foot
- 7 Touch right heel out, diagonally to right
- & Step right foot to place
- 8 Step left foot to place

PIVOT TURN, STEP, POINT SIDE, STEP, POINT SIDE, CROSS, TURN

- 1 Step forward on ball of right foot
- 2 Pivot ½ turn left on ball of right foot & shift weight to left
- 3 Step forward on right foot
- 4 Touch left toe to left side
- 5 Step left foot in front of right
- 6 Touch right toe to right side
- 7 Cross right foot over left
- 8 Unwind ½ left and end with weight on left foot

KICK BALL CHANGE, HEEL BALL CHANGE, KICK BALL CHANGE, HEEL BALL CHANGE

- 1 Kick right foot forward
- & Take weight on ball of right foot, next to left
- 2 Step left foot next to right
- 3 Brush/stomp right heel forward (make noise with heel)
- & Hop to ball of right foot, next to left
- 4 Step left foot next to right
- 5&6 Repeat counts 1&2
- 7&8 Repeat counts 3&4

STOMP RIGHT, DRAG, STOMP RIGHT, DRAG, CRABWALK RIGHT

- 1 Stomp right foot in front of left
- 2 Drag right foot to place & touch
- 3 Stomp right foot in front of left
- 4 Drag right foot to place & take weight
- 5 Cross left foot over right
- & Step right foot behind left
- 6& Repeat counts 5& (5-8 moves right/feet crossed left over right)
- 7& Repeat counts 6&
- 8 Cross left foot over right

REPEAT
