

Night Moves

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jo Thompson Szymanski (USA)
音樂: My Best Friend - Tim McGraw



ROCK, RECOVER, SWAY 3, ROCK RECOVER, SWAY 3

- 1&2 Rock back with ball of right foot, recover weight to left foot, step right foot to right side allowing body to sway
- 3-4 Shift weight to left side onto left foot with body sway, shift weight right with body sway
- 5&6 Rock back with ball of left foot, recover weight to right foot, step left foot to left side allowing body to sway
- 7-8 Shift weight to right side onto right foot with body sway, shift weight to left with body sway

ROCK, RECOVER, ½ TURN RIGHT, CROSS CHASE LEFT

- 1&2 Rock back with ball of right foot, recover weight to left foot, turn ¼ right, step forward with right foot
- 3&4 Turn ¼ right, step left foot to left side (slightly back), step right foot across in front of left, step left foot to left side

ROCK, RECOVER, ½ TURN LEFT, CROSS CHASE LEFT

- 5&6 Rock back with ball of right foot, recover weight to left foot, turn ¼ left, step back (slightly side) with right foot
- 7&8 Turn ¼ left, step left foot to left side (slightly back), step right foot across in front of left, step left foot to left side

ROCK, RECOVER, ¼ TURN LEFT, ROCK RECOVER, SIDE, REPEAT

- 1&2 Rock back with ball of right foot, recover weight to left foot, turning ¼ left, step right foot to right side
- 3&4 Rock back with ball of left foot, recover weight to right foot, step left foot to left side
- 5-8 Repeat above 4 counts to end facing back

ROCK, RECOVER, ¼ TURN RIGHT, ½ TURN RIGHT, ½ TURN LEFT, ¾ TURN RIGHT

- 1&2 Rock back with ball of right foot, recover weight to left foot, turn ¼ right, step forward with right foot
- 3&4 Step forward with left foot, turn ½ right shifting weight to right foot, step forward with left foot
- 5&6 Step forward with right foot, turn ½ left shifting weight to left foot, step forward with right foot
- 7&8 Step forward with left foot, turn ½ right shifting weight to right foot, turn ¼ right, step left foot to left side

REPEAT

This line dance is choreographed using typical basic steps from a form of lead/follow couples dancing called Night Club Two Step, which became popular during the disco era and is done to slow songs with a steady beat. Today, Night Club Two Step is very popular with many dancers around the world. It is a smooth, flowing, graceful dance.