

One Night

拍數: 32 牆數: 4 級數: Improver
編舞者: Harold Grimshaw (UK)
音樂: One Night - J.C. Jones



TOE TOUCH, ¼ PIVOT/HEEL, BACK SHUFFLE (TWICE), RIGHT & LEFT

1-2 Touch right toes next to left; pivoting ¼ to right, place right heel forward
3&4 Step back on right, step left next to right, step back on right
5-8 Repeat steps 1-4, starting on left

BACK ROCK, FORWARD SHUFFLE, HIP BUMPS, FORWARD SHUFFLE

1-2 Step back on right, rock weight forward onto left
3&4 Step forward on right, step left next to right, step forward on right
5-6 Stepping slightly forward on left, bump hips forward and back
7&8 Step forward on left, step right next to left, step forward on left

RIGHT SIDE, BEHIND, SIDE CLOSE SIDE, SIDE, ROCK (BACK, FORWARD, BACK)

1-2 Step right to right side, step left behind right
3&4 Step right to right side, close left next to right, step right to right side
5-8 Step left to left side; rock weight back onto right, forward onto left, back onto right

SIDE, ROCK (BACK, FORWARD, BACK), STEP, LOCK, STEP LOCK STEP

1-4 Step left to left side; rock weight back onto right, forward onto left, back onto right
5-6 Step forward on left, lock right behind left
7&8 Step forward on left, lock right behind left, step forward on left

REPEAT
