

These Nights

拍數: 48 牆數: 1 級數: Improver
編舞者: William Sevone (UK)
音樂: Nights Like These - The Lynns



2X DIAGONAL SHUFFLES FORWARD-SIDE ROCK-RECOVER

1&2 (Body facing forward) left diagonal shuffle forward to the left (left, right, left)
3-4 Rock right foot to right side, recover onto left foot
5&6 (Body facing forward) right diagonal shuffle forward to the right (right, left, right)
7-8 Rock left foot to left side, recover onto right foot

8X TURNING PADDLES / ROCK'S (½ RIGHT)

9-16 Turn ½ right with rock steps:
 Rock onto - left foot, right foot, left foot, right foot
 Left foot, right foot, left foot, right foot (turn slightly on each left rock)

See note at end of dance

2X ROCK-RECOVER-STEP

17-18 Rock forward onto left foot, recover onto right foot
19 Step left foot next to right
20-21 Rock backward onto right foot, recover onto left foot
22 Step right foot next to left

STEP FORWARD, ¼ LEFT, ROCKS, RECOVERS, STEP BACK, ¼ RIGHT

23 Step forward onto left foot & turn ¼ left
24-25 Rock right foot to right side, recover onto left foot
26-27 Rock onto right foot, recover onto left foot
28 Rock onto right foot
29 Step backward onto left foot & turn ¼ right

RIGHT GRAPEVINE WITH DIAGONAL ROCK, RECOVER

30-33 Right grapevine - with diagonal rock/step to right:
 Step right foot to side, step left foot behind right,
 Step right foot to side, rock/step left foot forward diagonally right
34 Recover onto right foot

LEFT GRAPEVINE WITH DIAGONAL ROCK, RECOVER

35-38 Left grapevine - with diagonal rock/step to left:
 Step left foot to side, step right foot behind left
 Step left foot to side, rock/step right foot forward diagonally left
39-40 Recover onto left foot, step right foot to right side

SIDE STEP, 8X TURNING PADDLES / ROCK'S (½ RIGHT)

41-48 Turn ½ right with rock steps:
 Rock onto - left foot, right foot, left foot, right foot
 Left foot, right foot, left foot, right foot (turn slightly on each left rock)

See note at end of dance

REPEAT

DANCE NOTE

Counts 9-16 and 41-48 are not paddle steps but the right foot does remain in a centralized position. If you feel

more comfortable doing paddle steps, then please feel free to do so.
