

This Night

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Cosenza (USA)
音樂: This Night - Billy Joel



LUNGE, CROSS ROCK, STEP ½ PIVOT, TOUCH & STEP, CROSS & PIVOT

&1 Slightly hitch right moving side right, take a large side lunge stepping down on right
2&3 Cross rock left behind right, recover right, step down on left and pivot ½ right
4-5 Touch down on right, step ¼ right on right
6&7 Cross left over right and turn ¾ right stepping left, right, left
8 Step right side right

TWINKLE & TWINKLE, LUNGE & RECOVER, CROSS BEHIND WEAVE, CROSS OVER

&1 Angling body to left, step left next to right and slightly raise heels, cross right over left
2 Step left diagonal forward left
&3 Angling body to right, step right next to left and slightly raise heels, cross left over right
4 Right lunge forward with right (still angling right) and bring right hand forward
5 Recover back on left (right hand down)
6&7 Cross right behind left, step left next to right, cross right over left
8 Cross left in front of right

PIVOT & STEP, PIVOT TURN, CROSS & CROSS, CROSS & CROSS, LUNGE

&1 Pivoting ¼ left while stepping down on right, step left forward
2-3 Step right forward, pivot ½ left and shift weight to left (left should now be in forward position)
4&5 Moving diagonal left, cross forward right, left, right
6&7 Moving diagonal right, cross forward left, right, left
8 Right lunge forward with right (still angling right) and bring right hand forward

RECOVER, STEP BACK TWICE, WEAVE & RAISE RIGHT, STEP DOWN, CROSS & PIVOT

1 Recover back on left (right hand down)
2 No longer angling, step back on right
3&4 Step back on left, step right next to left, cross left over right
&5 Step right next to left, cross left behind right and raise right and hook across left
6 Step right down
7 Cross left over right
8 Unwind shifting weight to left and pivot ½ right

Advance option: for those who like to turn, spin a complete turn and ½ for count 8

REPEAT

RESTART

For Brad Cotter track only, after wall 3, Hold 2 counts following Count 32. Do the first 7 counts of the dance turning only ½ right to the front wall (instead of ¾) and hold for count 8. Begin again

TAG

After wall 6, add an extra two counts holding on left foot before beginning dance again

OPTIONAL FINALE:

The dance ends on the first set of crossover steps (on count 21, pivot to the front on right foot)