Dance All Nite

拍數: 32

級數: Intermediate

編舞者: Junior Willis (USA)

音樂: All Nite (Don't Stop) - Janet Jackson

ROCK, RECOVER WITH HITCH, ROCK, RECOVER, ROCK, TOUCH, ½ TURN TO LEFT, SHUFFLE

- 1-2 Step right in front of left, recover on left while hitching right
- 3&4 Step right in front of left, recover on left, step right in front of left
- 5-6 Touch left out to left, leave weight on right and make a ½ turn to left
- 7&8 Lock step forward left-right-left

TOUCH, STEP, TOUCH, ROLL KNEE, ¼ TURN, COASTER, SCUFF, HITCH, TOUCH

- &1-2 Touch right diagonally out to right, step right diagonally out to right, touch left out to left
 3-4 Roll left knee in to right, roll left knee out to left while making a ¼ turn to left, weight stays on right
- 5&6 Coaster left-right-left (left back, right in place, left forward)
- 7&8 Scuff right, hitch right knee, touch right forward

BOUNCE, BOUNCE, BOUNCE (WITH ½ TURN LEFT), SAILOR, SKATE, SKATE, CROSS, STEP, HEEL

- 1&2 Bounce heels 3 times, while making a ½ turn to left, placing weight on right
- 3&4 Sailor left-right-left (left behind right, right in place, left out to left)
- 5-6 Slide right diagonally forward to right, slide left diagonally forward to left
- 7&8 Step right across left, step left in place, place right heel forward diagonally out to right

CROSS, UNWIND FULL TURN, SHUFFLE, ROCK, RECOVER, ROCK, RECOVER, ROCK, RECOVER

- &1-2 Step right back to home, cross step left in front of right, unwind with a full turn to right, weight ends on right
- 3&4 Shuffle to left (left-right-left)
- 5-6 Rock right behind left, recover on left
- &7&8 Rock right behind left, recover on left, rock right out to right, recover on left

REPEAT





牆數:4