I Love The Nightlife

拍數: 40

級數: Improver

編舞者: Angela Rushing (USA) - November 2007

音樂: I Love the Nightlife - Alicia Bridges : (CD: I Love the Nightlife)

Dance starts: 20 count intro (start on the words "Please don't")

(fast dance)

SHUFFLE, ½ TURN

- 1-2 Shuffle forward- right, left, right
- 3-4 Step left forward, making ¹/₂ turn to the right
- 5-6 Shuffle forward- left, right, left
- 7-8 Step right forward, making ¹/₂ turn to the left

HIPS SHAKE, SMALL HOP

- 1-4 Shake hips- right, left, small hop both feet to right side twice
- 5-8 Shake hips- left, right, small hop both feet to left side twice

OUT, OUT, IN, IN, SHUFFLES

- 1-2 Touch right toe out to side, touch left toe out to side
- 3-4 Touch right heel forward, touch left heel forward
- 5-6 Shuffle forward- right, left, right
- 7-8 Shuffle forward- left, right, left

CROSSOVER, MAKING ¼ TURN, RECOVER, SHUFFLES

- 1-2 Step right across left, turn ¼ turn while recovering onto left [facing 9:00]
- 3-4 Repeat 1&2 [facing 6:00]
- Those four counts of turning all curve to the left, completing half circle to the left
- 5-6 Shuffle forward- right, left, right
- 7-8 Shuffle forward- left, right, left

WALK BACK, TOUCH, KICK, CROSS

- 1-4 Walk right foot back- right, left, right, and touch with left foot next to right
- 5-6 Kick right foot to side, cross over left foot
- 7-8 Kick left foot to side, cross over right foot

Repeat counts 1-40 enjoy dancing and have fun!





牆數:2