

Everyday And Night

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sebastiaan Holtland (NL) & Francien Bailey - June 2010
音樂: Music Is My Passion - DJ Bobo : (CD: Visions 2003)



32 count "beat" intro: Start dancing on the Words "Oleh Oleh Olah" (19 sec)

Sec 1

1-8: Back Samba Steps R-L, 1/4 Turn R, Back Rock / Recover, 1/2 Pivot Turn L

- 1&2 Cross Rf behind Lf, step Lf to the left side & slightly backward, step Rf to the right side & slightly forward
- 3&4 Cross Lf behind Rf, step Rf to the right side & slightly backward, step Lf to the left side & slightly forward (12:00)
- 5-6 Make a 1/4 turn to right (3) and rock Rf back, recover on Lf
- 7-8 Step forward on Rf, make a 1/4 turn to left (9) and take weight onto Lf

Sec 2

9-16: 1/4, 1/2, Cross Rock / Recover, 1/4, 1/4, Side Rock / Recover

- 1-2 Make a 1/4 turn to left (6) stepping Rf to right side, 1/2 to Left (12) stepping Lf to left side weight onto Lf
- 3-4 Cross rock forward on Rf, recover on Lf (12:00)
- 5-6 Make a 1/4 turn to right (3) stepping forward on Rf, 1/4 to right (6) stepping Lf to left side
- 7-8 Rock Rf to right side, recover on Lf weight onto Lf

Sec 3: ## Restart Here WALL 5 After 16 count

17-24: Diagonal Hip Bumps Fwd, Kick Fwd, Out, Out, Syncopated Hip Bumps Side L-R-L, Kick Ball Side 1/4 Turn R

- 1-2 Touch R toe diagonally forward Right and bumping Hips forward, replace and bumping Hips forward holding weight onto Lf (6:00)
- 3&4 Kick forward on Rf, step Rf out to right, step Lf out to left weight onto both feet
- 5&6 Bump L hip left, bump R hip right, bump L hip left
- 7&8 Kick forward on Rf, step Rf back in place, make a 1/4 turn right (9) and step Lf to the left side weight onto Lf

Sec 4

25-32: Back, Back, 1/4 Turn R, Side, Together, Jump Both Feet Apart with 1/4 Turn R, Hold, Ball Step, Side Point R

- 1-2 Stepping back on Rf, stepping back on Lf
- 3-4 Make a 1/4 turn to right (6) and step Rf to right, step Lf beside Rf take weight onto both feet
- &5-6 Make a 1/4 turn right (3) and jump both feet apart (&5), HOLD
- &7-8 Step Rf beside Lf, and step slightly forward on Lf, and point Rf out to the right weight onto Rf (3:00)

Restart: Restart WALL 5 after 16 count (facing 6 o'clock)

Start again and have fun!