

In The Still of The Night

拍數: 64 牆數: 3 級數: High Improver
編舞者: Mary Chan (MY) & SM Loh (MY) - October 2010
音樂: In the Still of the Night - Jack Jersey



Intro: Start after 24 counts (Start on the word ' night ') Two easy restart

Sequence of dance: 64 / 32 / 64 / 60 / 32/ Ending Pivot ½ Twice Step Together.

Section 1

Side Together, 1/4 Turn Left Hold, Fwd Pivot 3/4 Turn Step Hold

- 1 – 4 Step left to left, step right next to left, ¼ turn left step left fwd, hold (3.00)
5 – 8 Step right fwd, ¾ turn left to face front wall, step right to right, hold (12.00)

Section 2

Back Rock, Recover, Side Hold , Left & Right

- 1 – 4 Step left foot behind right heel, recover onto right step left to left, hold
5 – 8 Step right foot behind left heel, recover onto left, step right to right, hold

Section 3

Forward Rumba, Left And Right

- 1 – 4 Step forward on left, hold , step right on side, step left next to right
5 – 8 Step forward on right, hold, step left on side, step right next to left

Section 4

Cross Recover Side, Left And Right

- 1 – 4 Cross rock left over right, recover onto right, step left to left, hold
5 – 8 Cross rock right over left, recover onto left, step right to right, hold ###

Section 5

Forward Pivot 1/2 Turn, Step Forward, Hold, Hip Sway R, L, R, Hold

- 1 – 4 Step left forward, pivot ½ turn right, step left forward hold (6.00)
5 – 8 Hip sway right, left, right, hold

Section 6

Left Cross Shuffle To Right Flick, Right Cross Shuffle To Left, Frick

- 1 – 4 Left cross over right, recover on right, left cross over right, right flick
5 – 8 Right cross over left, recover on left. right cross over left, left frick

Section 7

Cross, Side , Behind, Ronde Front To Back, Behind Side Cross, Hold

- 1 – 4 Cross left over right, step right to right, step left behind right, ronde right from front to back
5 – 8 Step right behind left, step left to left, cross right over left, hold

Section 8

Coaster step, Hold, Jazz Box 1/4 Right Turn Point

- 1 – 4 Step left back, step right next to left, step forward left, hold ***
5 – 8 Cross right over left, recover back on left make a ¼ right turn, Step right to right side, point left next to right (9.00)

Repeat again - Enjoy dancing

Restart: On wall 2 dance to 32 count (sec 4) restart again (9.00)

*** Restart: On wall 4 dance to 60 count (sec 8) left coaster, step right together 'INSTEAD OF LEFT HOLD'

Restart again front wall

Ending: on wall 5

Dance to section 4, do a pivot $\frac{1}{2}$ turn right twice, step left together ending.

Email: mary.chan63@gmail.com
