

Night Nurse

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK) - June 2012
音樂: Night Nurse - Cascada : (Album: Original Me)



32 Count Intro. Approx 16 seconds - Track approx 3 mins 23 secs BPM 127

Rock Recover, Coaster Step, Rock Recover, Coaster Step.

1,2 Rock forward on R, recover weight to L.
3&4 Step back on R, close L beside R, step forward on R.
5,6 Rock forward on L, recover weight to R.
7&8 Step back on L, close R beside L, step forward on L. (12 o'clock).

Step ½ Turn L, Step Reverse ½ Turn R, Rock Recover, ½ Turn L, ¼ Turn L.

1,2 Step forward on R, make a ½ turn L.
3,4 Step forward on R, make a reverse ½ turn R stepping back on L.
5,6 Rock back on R, recover weight to L.
7,8 Make a ½ turn L stepping back on R, make a ¼ turn L stepping L to L side. (3 o'clock).

Cross Rock Recover, Chasse R, Cross Rock, Recover, Shuffle ¼ Turn L.

1,2 Cross rock R over L, recover weight to L.
3&4 Step R to R side, close L beside R, step R to R side.
5,6 Cross rock L over R, recover weight to R.
7&8 Step L to L side, close R beside L, make a ¼ turn L stepping forward on L. (12 o'clock).

¼ Turn L Touch, Kick Ball Cross, Side, Touch Ball Kick, Ball Cross.

1,2 Make a ¼ turn L stepping R to R side, touch L beside R.
3&4 Kick L to L diagonal, step L beside R, cross R over L.
5 Step L to L side.
6&7 Touch R beside L, step down on R, kick L to L diagonal.
&8 Step down on L, cross R over L. (9 o'clock).

Side Rock Recover, Behind Side Cross, Hold Ball Cross, Side Rock Recover.

1,2 Rock L to L side, recover weight to R.
3&4 Cross L behind R, step R to R side, cross L over R.
5&6 Hold count 5, step R to R side, cross L over R.
7,8 Rock R to R side, recover weight to L. (9 o'clock).

Sailor ¼ Turn R, Rock Recover, Full Turn L, Back Touch.

1&2 Making a ¼ turn R cross step R behind L, step L in place, step forward on R.
3,4 Rock forward on L, recover weight to R.
5-8 Travelling back make a ½ turn L stepping forward on L, make a ½ turn L stepping back on R, step back on L, touch R beside L. (12 o'clock).

Step R, Sweep L, Step L, Sweep R, Jazzbox ¼ Turn R.

1-4 Step forward on R, sweep L from back to in front of R, step down on L, sweep R from behind to in front of L.
5-8 Cross R over L, make a ¼ turn R stepping back on L, step R to R side, cross L over R. (3 o'clock).

Hinge ½ Turn L, Cross Rock Recover, ¼ Turn R, Step ½ Turn Step.

1,2 Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.
3,4 Cross rock R over L, recover weight to L.

5-8 Make a $\frac{1}{4}$ turn R stepping forward on R, step forward on L, make a $\frac{1}{2}$ turn R, step forward on L. (6 o'clock).

TAG: 4 count Tag danced end of walls 2 and 5.

R Rocking Chair

1-4 Rock forward on R, recover weight to L, rock back on R, recover weight to L.
