

One Nighter

拍數: 32 牆數: 4 級數: Improver
編舞者: Terri Alexander (USA) - September 2012
音樂: One More Night - Maroon 5



No Tags or Restarts

[1-8] Kick, Cross, Touch, Step, Kick, Step, Touch, Sway R, Sway L, Turn ¼, Turn ½

- 1&2& Low Kick Left foot diagonally R/ Cross step L over R/ Touch R toe behind L (R knee out to R side)/ Step R slightly back
3&4 Low kick Left foot forward/ Step L to L side/ touch R beside L
5-6 Step R to R swaying hips/ sway hips left
7-8 Turn ¼ R stepping R forward / Turn ½ R stepping L back (9:00)

[9-16] R Coaster, Step ¼ Cross, L Hinge turn, Cross back side

- 1&2 R coaster – Step R foot back/ Step L beside R/ Step R foot forward
3&4 Step L foot forward/ turn ¼ R (weight to R)/ Cross step L over R
5-6 L Hinge turn – turn ¼ left stepping R foot back/ turn ¼ left stepping L to L side
7&8 3 Count jazz box – Cross step R over L/ Step L foot back/ Step R foot to R side (6:00)

[17-24] L Knee Roll, R Knee Roll, Coaster, Step-lock-Step, Step ½ Turn

- 1-2 Step L forward rolling L knee/ Step R forward rolling R knee
3&4 L coaster- Step L foot back/ Step R beside L/ Step L foot forward
5&6 R step-lock-step forward – Step R foot forward/ Lock L behind R/ Step R foot forward
7-8 Step L foot forward/ Pivot ½ turn R (weight to R foot) (12:00)

[25-32] Turn ½, Step back, Coaster, Toe Touch R&L, ¼ turn, Slide Touch

- 1-2 Turn ½ R stepping L back/ Step back R
3&4 L coaster- Step L foot back/ Step R beside L/ Step L foot forward
5&6& Touch R toe forward/Step R beside L/ Touch L toe forward/ Step L beside R
7-8 Turn ¼ L stepping R to R side/ Slide touch L beside R (3:00)

Start again
