

Little Nurse

COPPER KNOB
STEPPERS

拍數: 64 牆數: 1 級數: Beginner
編舞者: Jo Huntington (USA) - April 2013
音樂: Night Nurse - Cascada : (Album: Original Me - iTunes)



Intro: 32 counts, Track: 3 minutes, 23 seconds. BPM: 127
Dedicated to Jodi Heyman

Section 1: R back mambo, hold, L back mambo, hold

1-4 Step back on R (1), recover L (2), step R next to L (3), hold (4)
5-8 Step back on L (5), recover R (6), step L next to R (7), hold (8)

Section 2: Walk R, L, rocking chair, side, touch

1-4 Step R forward (1), step L forward (2), rock R forward (3), recover L (4)
5-8 Rock R back (5), recover L (6), R to R side (7), touch L next to R (8)

Section 3: Walk L, R, rocking chair, side touch

1-4 Step L forward (1), step R forward (2), rock L forward (3), recover R (4)
5-8 rock L back (5), recover R (6), L to L side (7), touch R next to L (8)

Section 4: Diagonal locks with R to R diagonal, step touch

1-4 R to R diagonal (1), lock L behind R (2), R to R diagonal (3), lock L behind R (4)
5-8 R to R diagonal (5), lock L behind R (6), step R to R side squaring to 12 (7), touch L beside R (8)

Section 5: Diagonal locks with L to L diagonal, step touch

1-4 L to L diagonal (1), lock R behind L (2), L to L diagonal (3), lock R behind L (4)
5-8 L to L diagonal (5), lock R behind L (6), step L to L side squaring to 12 (7), touch R beside L (8)

Section 6: Step kick, step back X 2, rock recover

1-4 Step R to R (1), kick L to R diagonal (2), step back L (3), touch R back (4)
5-8 step R to R (5), kick L to R diagonal (6), rock L to L side (7), recover R (8)

Section 7: Repeat Section 6 beginning with step L (a mirror image of Section 6 with the exception of count 8 which is a touch L)

Section 8: Step L, R together, step L, touch R, walk R, L, R, L

1-4 Step L to L side (1), step R next to L (2), step L to L side (3), touch R beside L (4)
5-8 walk back R (5), walk (6), walk R (7), walk L (8)

Restart

Tags: Occur at the end of walls 2 and 5

Rocking chair

1-4 Rock R back (1), recover L (2), rock R forward (3), recover L (4)

(Choreographed as a floor split to Night Nurse by Dee Musk)

Contact: cnjlinedance@aol.com