Nightclub Baby Nightclub

拍數: 16	牆數: 4	級數: Level 3 Beginner - NC2S

編舞者: Michele Burton (USA) - August 2013

音樂: Any nightclub rhythm song, see suggestions below

[1 – 8] SIDE ROCK-STEP SIDE ROCK-STEP (NC basic) SWAY SWAY SWAY TOUCH

1,2 &	Step R to right; Step ball of L behind R; Return weight to R
3,4 &	Step L to left; Step ball of R behind L; Return weight to L
5 – 6	Step (sway) R to right; Sway L (taking weight)
7 – 8	Sway R (taking weight), Touch L beside R

[9 – 16] SIDE ROCK-STEP SIDE ROCK-STEP (NC basic) WALK WALK WALK TOUCH (in 3/4 arc)

1,2 &	Step L to left; Step ball of R behind L; Return weight to L
3,4 &	Step R to right; Step ball of L behind R; Return weight to R
5 – 6	Gently turn ¼ left, step L forward; Step R to left diagonal (1/8 turn L)
7 – 8	Step L to left diagonal (1/4 turn L); Touch R beside L, turning 1/8 L (3:00)

BEGIN AGAIN

MUSIC CHOICES:-
DANCE BABY DANCE by Chris Cagle. CD: Back In The Saddle - Intro: 16 ct. [80 bpm]
This song requires an easy two count Tag that happens after the lyrics "…and I'll take her hand for one last dance."

Tag: STEP TOUCH
Dance through first 8 counts of wall 12, you'll be facing 9:00 and have just completed the sways and touch.

1 – 2	Step L; Touch R beside L

Optional arm styling: Reach arms forward (ct. 1); Bring hands into body to cover heart (ct. 2)

Omit counts 9-16 and restart the dance on count 1 with the side right step

ROAR by Katy Perry - Single Song Intro: 8 ct. [96 bpm]
Dance through the fade at 2:50 with no changes.

EVERYTHING HAS CHANGED by Taylor Swift. CD: Red - Intro: 8 ct. [88 bpm]
Note that the dance begins before the lyrics.

BONUS: variation for learning an advanced technique for line or couples dancing:
[1 – 4] SIDE CLOSE CROSS

1,2&	Step R to right; Step L into 3rd position; Step R across and in front of L
3,4&	Step L to left; Step R into 3rd position; Step L across and in front of R

Use same technique on counts 9 – 12 (left side basic)

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