

Midnight Tango

拍數: 128
編舞者: Nina Chen (TW) - December 2013
音樂: Tango Tango - Jody Chiang

牆數: 4

級數: Phrased Intermediate



Sequence of dance: ABCABA

Start to dance from 32 counts after the ending of alarm ring (aproxi. 8 counts)

SECTION A (64 counts)

A1. FWD, HOLD, FWD, HOLD, SIDE, HOLD, TOGETHER, HOLD

1-4, Step L fwd, hold, step R fwd, hold
5-8 Step L to L side, hold, step L beside R hold

A2. BACK,HOLD, SWEEP, HOLD, SWEEP, STEP, FWD SHUFFLE

1-4 Step back on R, hold, sweep L back, hold
5-8 Sweep R back, hold, step L fwd, fwd shuffle on RLR

A3. SIDE TOGETHER, CHESSE L, 1/4 TURN L CROSS STEP, POINT, STEP, FLICK

1-4 Step L to L side, step R beside L, step L to L side, step R beside L, step L to L side
5-8 Turning 1/4 L cross stepping R over L with knee bending, point L toes behind R, step R to R side, flick L

A4. STEP, PIVOT 1/2 TURN L, FWD, HOLD, FWD, HOLD, TOES CIRCLE 1/2, POINT

1-4 Step R fwd, pivot 1/2 turn L, step R fwd, hold
5-8 Step L fwd, hold, circle R toes from fwd to R , point R beside L

A5. CROSS, POINT, STEP, SIDE, CROSS, POINT, STEP, SIDE

1-4 Cross step R over L, touch L toes behind R, step L in place, step R to R side
5-8 Cross step L over R, touch R toes behind L, step R in place, step L to L side

A6. CROSS STEP, RECOVER, CROSS SHUFFLE, FWD, PIVOT 1/2 TURN R, SHUFFLE FWD

1-4 Cross step R over L, step L , recover onto L, cross shuffle on RLR
5-8 Step L fwd, 1/2 pivot turn R, shuffle fwd on LRL

A7. ZUMBA BOX BACK

1-4 Step R to R side, step L beside R, step back on R, touch L together
5-8 Step L to L side, step R beside L, step L fwd, touch R beside L

A8. ROCKING CHAIR, FWD, PIVOT 1/2 TURN L, FWD, HOLD

1-4 Rock R fwd, recover onto L, rock back on R, recover onto L
5-8 Step R fwd, 1/2 pivot turn L, step R fwd, hold

SECTION B (32 COUNTS)

B1. CROSS STEP, STEP, CROSS STEP, FLICK, CROSS STEP, STEP, CROSS STEP, FLICK

1-4 Cross step L over R, step R in place, cross step L over R, flick R
5-8 Cross step R over L, step L in place, cross step R over L, flick L

B2. ROCKING CHAIR, 1/4 TURN R ROCK FWD, RECOVER CROSS, FLICK

1-4 Rock R fwd, recover onto L, rock back on R, recover onto L
5-8 1/4 turn R rock R fwd, recover onto L, cross step L over R, flick R

B3. CROSS STEP, STEP, CROSS STEP, FLICK, CROSS STEP, STEP, CROSS STEP, FLICK

1-4 Cross step L over R, step R in place, cross step L over R, flick R
5-8 Cross step R over L, step L in place, cross step R over L, flick L

B4. VINE L, SWEEP, STEP, ¼ TURN R FWD, TOGETHER

1-4 Cross step R over L, step L to L side, cross step R behind L, sweep L

5-8 Step L in place, ¼ turn R stepping R fwd, step L beside R

SECTION C (32 COUNTS)

C1. SWAY, HOLD, SWAY, HOLD, ROCK FWD, RECOVER, ½ TURN R, FWD, HOLD

1-4 Sway R, hold, sway L, hold

5-8 Rock R fwd, recover onto L, ½ turn R, step R fwd, hold

C2. SWAY, HOLD, SWAY, HOLD, ROCK FWD, RECOVER, ½ TURN L, FWD, HOLD

1-4 Sway L, hold, sway R, hold

5-8 Rock L fwd, recover onto R, ½ turn L, step L fwd, hold

C3. DITTO AS C1

C4. DITTO AS C2

HAVE FUN & HAPPY DANCING!

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