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| Nightshift (上夜班的) (zh) |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Kath Dickens (UK) - 2010年08月 | | | | |
| **Music:** | Nightshift - Dr. Victor & The Rasta Rebels | | | | |
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**前奏： Intro: 23 secs from start, or 32 Counts from heavy beat, starting on vocals.. “Marvin”**

**第一段**

**Rock, Recover, Triple Full Turn Right, Cross, Side, 1/4 Sailor Step Fwd**

**下沉 回復, 三步右轉圈, 交叉 右踏, 1/4轉水手**

**1-2**

**Rock fwd on Right, recover weight back onto Left.**

**右足前下沉, 左足回復**

**3&4**

**Triple full turn to Right on the spot stepping R-L-R (Coaster for easier option).  原地三步轉圈-右, 左, 右(簡易版：海岸步)**

**5-6**

**Cross Left over Right, step side Right.**

**左足於右足前交叉踏, 右足右踏**

**7&8**

**Sweep Left Foot behind Right, make 1/4 turn Left stepping on Right, step fwd on Left. (9.00)**

**左足繞至右足後踏, 左轉90度右足踏, 左足前踏(面向9點鐘)**

**第二段**

**& Walk, Walk, Mambo Fwd, Back, Drag, &, Walk, Walk**

**併-走 走, 前曼波, 後 拖併, 併-走 走**

**&12**

**Step Right next to left (&) walk fwd L-R**

**右足併踏, 左足前走, 右足前走**

**3&4**

**Rock fwd on Left, recover weight to Right, step slightly back on Left.**

**左足前下沉, 右足回復, 左足略後踏**

**5-6**

**Take a long step back on Right, drag Left foot back.**

**右足後一大步, 左足拖併**

**&78**

**Step onto Left (&), walk fwd R-L.**

**左足踏, 右足前走, 左足前走**

**第三段**

**Rock, Recover, 1/4 Touch, 1/4 Turn, Touch, 1/4 Turn, Sailor Step**

**下沉 回復, 1/4點 1/4踏, 併點 1/4左踏, 水手步**

**1-2**

**Rock fwd on Right, recover weight back onto Left**

**右足前下沉, 左足回復**

**3-4**

**Make 1/4 turn to Right and touch Right next to Left, make another 1/4 turn Right stepping fwd on Right. (3.00)**

**右轉90度右足併點, 右轉90度右足前踏(面向3點鐘)**

**5-6**

**Touch Left at side of Right, make another 1/4 turn Right as you step side Left. (6.00)  左足併點, 右轉90度左足左踏(面向6點鐘)**

**7&8**

**Step Right behind Left, step Left to side, step slightly diagonal Right.  右足於左足後踏, 左足左踏, 右足斜前踏**

**Try doing counts 3-6 with hip bumps and a little attitude.**

**3-6拍試著帶點推臀動作**

**第四段**

**Step, Touch, Shuffle x2  斜前踏 併點 前交換 總共二次**

**1-2**

**(Moving fwd) step on Left to Left Diagonal, touch Right next to Left.**

**(向前移)左足左斜角前踏, 右足併點**

**3&4**

**Shuffle to Right diagonal stepping R-L-R.**

**右斜前交換-右, 左, 右**

**5-8**

**Repeat 1 - 4 again.  重覆1-4**

**第五段**

**Rock, Recover, Triple Full Turn, Cross, 1/4 Turn, 1/4 Chasse**

**下沉 回復, 三步轉圈, 交叉 1/4, 1/4右追步**

**1-2**

**Rock fwd on Left, recover weight back onto Right.**

**左足前下沉, 右足回復**

**3&4**

**Triple full turn to the Left on the spot stepping L-R-L (Coaster for easier option)  原地三步左轉圈-左, 右, 左(簡易版-海岸步)**

**5-6**

**Cross Right over Left, make 1/4 turn Right as you step back on Left (9.00)  右足於左足前交叉踏, 右轉90度左足後踏(面向9點鐘)**

**7&8**

**Make another 1/4 turn Right as chasse to Right to side stepping R-L-R. (12.00)  右轉90度右追步-右, 左, 右(面向12點鐘)**

**第六段**

**& Side, Left Jazzbox, Hip Bumps x4**

**併 右, 爵士方塊, 推臀四次**

**&12**

**Step Left next to Right (&) Step side Right, cross Left over Right,**

**左足併踏, 右足右踏, 左足於右足前交叉踏**

**3-4**

**Step Back on Right, step to side on Left.**

**右足後踏, 左足左踏**

**5-8**

**Bump hips to R-L-R-L  推臀-右, 左, 右, 左**

**RESTARTS: come on wall 3 (6.00) and wall 6 (12.00)**

**第三面牆(面向6點鐘), 第六面牆(面向12點鐘)時, 從頭起跳**

**第七段**

**Rock, Recover, Shuffle Back, Shuffle 1/2, 1/4 Pivot**

**下沉 回復, 後交換, 轉交換, 踏 1/4**

**1-2**

**Rock fwd on Right, recover weight on left.**

**右足前下沉, 左足回復**

**3&4**

**Shuffle Back, R-L-R  後交換-右, 左, 右**

**5&6**

**Shuffle 1/2 turn Left L-R-L (6.00)**

**左180度轉交換-左, 右, 左(面向6點鐘)**

**7-8**

**Step fwd on Right, make 1/4 turn Left as you transfer weight onto Left. (3.00)  右足前踏, 左轉90度重心在左足(面向3點鐘)**

**第八段**

**Cross, Side, Sailor Step x2  交叉 左, 水手步 總共二次**

**1-2**

**Cross Right over Left, step Left to side.**

**右足於左足前交叉踏, 左足左踏**

**3&4**

**Step Right behind Left, step Left to side, step Right to side.**

**右足於左足後踏, 左足左踏, 右足右踏**

**5-8**

**Repeat steps 1- 4 starting on Left.  換左腳重覆1-4**

**Optional ending = Just do an extra triple full turn.**

**結束時可以額外做一個三步轉圈動作**