Midnight Hour

Count: 144 **Wall:** 0 **Level:** Phrased Intermediate
Choreographer: Judy McDonald (CAN), Guyton Mundy (USA) & Will Craig (USA) - April 2013
Music: Midnight Hour (feat. Estelle) - Talib Kweli & Hi-Tek : (iTunes)

This is a phrased, "ABC" dance (with 4 parts). Start with the music after the spoken introduction (Start on the word "I'm").
Each section of this dance has a different feel from the other, based on the music…so it's easier than you might think!
The sequence is ABBCD, BBCD, ABCD, BCDD, B-(see "Big Finish"). As usual….trust me, it works!

Part A…….. …the verse (woman is singing)
R triple side, L rock back, L kick ball change x 2

1&2 3 4	Step R to side (1), step L beside right (&), step R to side (2), step back on ball of L (3), recover R (4),
5&6 7&8	kick L forward (5), step L back (&), step R in place (6), kick L forward (7), step L back (&), step R in place (8)

L triple side, R rock back, R kick ball change x 2

1&2 3 4	Step L to side (1), step R beside left (&), step L to side (2), step back on ball of R (3), step L in place (4)
5&6 7&8	kick R forward (5), step R back (&), step L in place (6), kick R forward (7), step R back (&), kick L in place (8)

R triple forward, L rock forward, L triple back, R triple back (optional full turn)

1&2 3 4	Step R forward (1), step L together (&), step R forward (2), step L forward (3), recover R (4),
5&6 7&8	step L back (5), step R beside left (&), step L back (6), step R back (7), step L beside right (&), step R back (8)…you can make an optional full turn left on the back triples

Walk back L, R, L, R, L step side, hip roll

1 2 3 4	Step back L (1), step back R (2), step back L (3), step back R (4),
5 6 7 8	step L to side (5), roll hips (6,7,8)…end with weight on left; optional shimmy on the back walks

R box with brush, L box with brush

1 2 3 4	Step R across left (1), step L back (2), step R to side (3) brush L forward (4),
5 6 7 8	step L across right (5), step R back (6), step L to side (7), brush R forward (8)

Walk forward R, L (optional full turn touch steps), R, L, R, L

1 2 3 4	Step R forward (1,2), step L forward (3,4),
5 6 7 8	step R forward (5), step L forward (6), step R forward (7), step L forward (8)…you can do an optional full turn left by doing two touch steps on the first 4 counts

R side, L together, R side, L touch, L side, R together, L side, R touch

1 2 3 4	Step R to side (1), step L beside right (2), step R to side (3), touch L beside right (4),
5 6 7 8	step L to side (5), step R beside left (6), step L to side (7), touch R beside left (8)

Hip roll making ½ turn left

1 - 8	Roll hips while making a ½ turn left (1-8)…slow & sexy…take your time!

Part B…….. …the rap part!
R kick step, L lock step, L kick step, R lock step

1&2&3&4&	Kick R forward (1), step R forward (&), step L behind right (2), step R in place (&), kick L forward (3), step L forward (&), step R behind left (4), step L in place (&)

Shorty George, R step side

5&6 7&8 Kick R diagonal (5), step R forward (&), step L forward (6), step R forward (7), step L forward (&), step R to side (8)…these steps are small with knees together and bent

Hand work

1&2&3&4 Lift arms to shoulder height, bent at elbows with palms down with left on top of right (1), lift L palm up at wrist (&), lift R palm up at wrist (2)…palms are now facing each other, replace L palm to facing down position (&), place R palm on top of left (3), straighten arms out in front of you with palms down (&) pull arms in at sides making fists with palms facing up (4)

Turn head L, turn upper body L, turn lower body L, step R forward

5 6 7 8 Turn head L (5), turn upper body L (6), turn lower body L bending knees (7), step R forward (8)

L kick forward & step, R kick forward & step, L kick side & step, R kick side & step

1&2&3&4& Kick L forward (1), step L beside right (&), kick R forward (2), step R beside left (&), kick L to side (3), step L beside right (&), kick R to side (4), step R beside left (&)

L step side, R together, L step side, R touch

5 6 7 8 Large step L to side (5), step R beside left (6), large step L to side (7), touch R beside left (8)

R triple back, L triple back ¼ turn

1&2 3&4 Step R back (1), step L beside right (&), step R back (2), step L back (3), step R beside left (&), step L back making ¼ turn left (4)…feet will be apart

Slap hips front and back, sway hips R, L

5&6&7 8 Slap R fist on front of right hip (5), slap L fist on front of left hip (&), slap R hand on back of right hip (6), slap L hand on back of left hip (&), sway hips R (7), sway hips L (8)…weight is on left

Part C…… …the "oooooh" part!

R rock forward & sweep step, L mambo side & touch, R mambo side & touch, L&R step touch

1 2 3 4 Step R forward (1), recover L (2), sweep R to back (3), step R behind right (4),

5 6 7 8 step L to side (5), step R in place (6), step L beside right (7), touch R beside left (8),

1 2 3 4 step R to side (1), step L in place (2), step R beside left (3), touch L beside right (4),

5 6 7 8 step L beside right (5), touch R beside left (6), step R beside left (7), touch L beside right (8)

L rock forward & sweep step, R mambo side & touch, L mambo side & touch, R&L step touch

1 2 3 4 Step L forward (1), recover R (2), sweep L to back (3), step L behind right (4),

5 6 7 8 step R to side (5), step L in place (6), step R beside left (7), touch L beside right (8),

1 2 3 4 step L to side (1), step R in place (2), step L beside right (3), touch R beside left (4),

5 6 7 8 step R beside left (5), touch L beside right (6), step L beside right (7), touch R beside left (8)

Part D…….. …the part that's left!

R step side, shoulder isolation, hold, head flick, chug L x 4

1 2&3&4 Step R to side (1), push shoulders forward (2), pull shoulders back (&), hold (3) bend head to left as if trying to touch ear to shoulder (&), raise head (4),

5 6 7 8 rotate ¼ turn L on left foot while sliding R foot on floor with each count (5,6,7,8)

Repeat above 8 counts

(this time your feet are already apart so just do an extra chug on count 1 then continue)

1 2&3&4 5 6 7

8

BIG FINISH!

(Listed as B- in the sequence) The dance will end 4 counts before the end of Part B.

You will do the two triples back and when you make the ¼ turn left (on count 4), just stop moving…strike a pose!

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