Compte: 40
Mur: 2
Niveau: Intermediate
Chorégraphe: Dee Musk (UK) - November 2023
Musique: Most Nights - Kat \& Alex


Track available from iTunes.co.uk and Amazon Music. deedeemusk@gmail.com
Intro 16 Counts - approx 15 secs. Track - 3 mins 18 secs. BPM 72.
One 4 Count Tag. Three Restarts.
Step Back, $1 / 4$ Turn Left, Point Right, $1 / 4$ Turn Right with Sweep, Cross, $1 / 4$ Turn Left, $1 / 4$ Turn Left, Back Rock, Recover, Side, Behind, Side.
1,2\& Step back on $R$, make $1 / 4$ turn $L$ stepping $L$ to $L$ side, point $R$ toe to $R$ side.
3
Make $1 / 4$ turn $R$ stepping $R$ beside $L$ whilst sweeping $L$ in front of $R$.
4\& Cross $L$ over $R$, make $1 / 4$ turn $L$ stepping back on $R$.
5,6\& Make $1 / 4$ turn $L$ stepping $L$ to $L$ side, cross rock $R$ behind $L$, recover weight to $L$.
$7,8 \& \quad$ Step $R$ to $R$ side, cross step $L$ behind $R$, step $R$ to $R$ side. 6 o'clock
Cross, Full Turn Left, Back Rock, Recover, $1 / 4$ Turn Right, $1 / 2$ Turn Right, Rock, Recover Sweep, Behind, Side.
$1,2 \& \quad$ Cross $L$ over $R$, make $1 / 4$ turn $L$ stepping back on $R$, make $1 / 2$ turn $L$ stepping forward on $L$.
$3 \quad$ Make $1 / 4$ turn $L$ stepping $R$ to $R$ side.
Alternative non-turning steps for counts 1,2\&3-Cross, Chasse R.
4\&5 Cross rock $L$ behind $R$, recover weight to $R$, make $1 / 4$ turn $R$ stepping back on $L$ (facing 9.00).
6\&7 Make $1 / 2$ turn $R$ stepping forward on $R$, rock forward on $L$, recover weight to $R$ sweeping $L$ behind R. (3.00).
8\& Cross step $L$ behind $R$, step $R$ to $R$ side. 3 o'clock
Cross Rock, Recover, Side, Cross with Sweep, Cross, Side, Behind, $1 / 4$ Turn Right, $1 / 4$ Turn Right, Behind, $1 / 4$ Turn Left, Hitch Right.
$1,2 \& 3 \quad$ Cross rock $L$ over $R$, recover weight to $R$, step $L$ to $L$ side, cross $R$ over $L$ sweeping in front of R.

4\&5 Cross $L$ over $R$, step $R$ to $R$ side, cross step $L$ behind $R$.
$6 \& 7 \quad$ Make $1 / 4$ turn $R$ stepping forward on $R$, make $1 / 4$ turn $R$ stepping $L$ to $L$ side, cross step $R$ behind L.
8\& Make $1 / 4$ turn $L$ stepping forward on $L$, hitch $R$ knee. 6 o'clock
*Restart during walls 1 and 3 begin again facing 6 o'clock.
Back, Run Back x 2, Back Rock, Recover, $1 / 2$ Turn Right, Back, Run Back x 2, Back Rock, Recover, $1 / 2$ Turn Right.
1,2\& $\quad$ Step back on $R$, run back $L, R$.
$3,4 \& \quad$ Rock back on $L$, recover weight to $R$, make $1 / 2$ turn $R$ stepping back on $L$. (12.00).
*Restart during wall 5 begin again facing 12 o'clock.
5,6\& Step back on R, run back L, R.
$7,8 \& \quad$ Rock back on $L$, recover weight to $R$, make $1 / 2$ turn $R$ stepping back on $L .6$ o'clock
$1 / 4$ Turn Right, Back Rock, Recover, $1 / 4$ Turn Left, Step Full Turn Left, Coaster Step, Forward Rock, Recover.
$1,2 \& 3 \quad$ Make $1 / 4$ turn $R$ stepping $R$ to $R$ side, cross rock $L$ behind $R$, recover weight to $R$, make $1 / 4$ turn $L$ stepping forward on $L$
4\&5 Step forward on $R$, make $1 / 2$ turn $L$, make a further $1 / 2$ turn $L$ stepping back on $R$.
Alternative non-turning step for counts 4\&5 - R Mambo Step.
6\&7 Step back on $L$, step $R$ beside $L$, step forward on $L$.
8\& Rock forward on R, recover weight to L. 6 o'clock

Tag danced end of wall 2 facing 12 o'clock wall.
Step Back, Rock Back, Recover, Step Forward, Rock Forward, Recover.
1,2\& Step back on R, rock back on L, recover weight to R.
3,4\& Step forward on $L$, rock forward on $R$, recover weight to $L$.
Suggested Ending to finish facing 12.00 - dance to count $6 \& 7$ of Section 2, then cross $L$ behind R, make $1 / 4$ turn $R$, step $L$ to $L$ side and drag $R$ to beside $L$ or step $L$ forward and make a full spiral turn $R$.

Relax and Enjoy

