

Through The Night

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Roger Neff (USA) - March 2019
音乐: Help Me Make it Through the Night - Die Campbells



Alt. Music: Help Me Make It Through the Night by Sammi Smith

No Tags Or Restarts

Intro: 12 counts

[1-8] LONG STEP TO R, BEHIND-SIDE-CROSS, SIDE ROCK CROSS, ¼ TURN TO R, TRIPLE STEP TURN-ING ½ OVER R SHOULDER (9:00)

1,2&3 Long step to R, Step L behind R, Step to R, Step L over R
4&5 Rock to R, Recover on L, Step R over L
6,7&8 Turn ¼ to R and step back on L, Triple step R,L,R turning ½ over R shoulder (9:00)

[9-16] L LOCK STEPS FWD, R LOCK STEPS FWD, STEP L OVER R, STEP TO R, SAILOR STEP WITH ½ TURN

1&2 Step fwd on L, Lock R behind L, Step fwd on L (on slight L diagonal)
3&4 Step fwd on R, Lock L behind R, Step fwd on R (on slight R diagonal)
5-6 Step L over R, Step to R,
7&8 Step L behind R, Turn ½ to L and step on R beside L, Step forward on L

[17-24] SERPIENTE PATTERN, STEP TO L, CLOSE R, CROSS SHUFFLE

1,2&3 Step fwd on R, Step L over R, Step to R, Step L behind R
4&5 Sweep R behind L, Step to L, Step R over L
6&7&8 Step to L, Close R, Step L over R, Step to R, Step L over R

[25-32] SWAY TO R, SWAY TO L, BEHIND-SIDE-CROSS, STEP TO L, ROCK BACK, RECOVER, WEAVE TO R

1-2 Sway to R, Sway to L
3&4 Step R behind L Step to L, Step R over L
5,6& Step to L, Rock back on R, Recover on L
7&8& Step to R, Step L behind R, Step to R, Step L over R

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