

AB Night Shift

COPPER KNOB
STEPPERS

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Janet Cummings (USA) - April 2019
音乐: Night Shift - Jon Pardi : (Album: California Sunrise)



Intro: 16 Counts - No Tags or Restarts

SECTION 1: RIGHT SIDE TO SIDE, TOUCH; L SIDE TO SIDE, TOUCH

1-4 Step R to Side, L Follow , Step R to Side, L Touch
4-8 Step L To Side, R Follow, Step L To Side, R Touch

SECTION 2: R STEP FORWARD, L TOUCH, L STEP FORWARD, R TOUCH; R STEP BACK, L TOUCH, LEFT STEP BACK, R TOUCH

1, 2, 3, 4 R Step Forward, L Touch, L Step Forward, R Touch
5, 6, 7, 8 R Step Back, L Touch; L Step Back, R Touch

SECTION 3: R STOMP, FAN, FAN, STOMP; L STOMP, FAN, FAN, STOMP

1-4 Stomp R Ft. Fan Toe Out, In, Stomp Center
5-8 Stomp L Ft, Fan Toe Out, In, Stomp Center

SECTION 4: R ROCKING CHAIR X2

1-4 With Weight on L, Rock Forward on R, Rock Back on L, Rock Back On R, Rock Forward on L
5-8 Repeat...With Weight on L, Rock Forward on R, Rock Back on L, Rock Back On R, Rock Forward on L

This AB series of dances was written for inexperienced dancers everywhere...

**Note: While Choreographed to Night Shift, there is no limit to song choice or genre for the easy dances in this series. Feel free to try them out, wherever!
Dance... for Physical and Mental health!**

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