One Of Those Nights



编舞者: Connie van den Bos (NL)

音乐: One Of Those Nights - Prairie Oyster



This track is very long. Fade out after approximate 3 1/2 minute

CROSS, SWAY, SWAY, BEHIND, SIDE, CROSS, SWAY, SWAY, ½ SAILOR TURN

1-3 Step left across right, step right to right side and push hips to right, push hips left (weight on

left)

4&5 Step right behind left, step left to left side, step right across left

Step left to left side and push hips left, push hips right (weight on right)

Step left behind right, turn ½ left and step right back, step forward on left

LOCK, STEP, STEP, TOUCH BEHIND, BACK, CROSS TOUCH, STEP, ½ PIVOT TURN, STEP

2-3 Step right behind left (lock), step forward on left

4&5 Step forward on right, touch left behind right, step back on left

6-7 Touch right across left, step forward on right

Step forward on left, turn ½ right (weight to right), step forward on left

LOCK, STEP, STEP, TOUCH BEHIND, BACK, CROSS TOUCH, STEP, 1/4 PIVOT TURN, CROSS

2-3 Step right behind left (lock), step forward on left

4&5 Step forward on right, touch left behind right, step back on left

6-7 Touch right across left, step forward on right

8&1 Step forward on left, turn ¼ right (weight to right), step left across right

1/4 TURN, 1/2 TURN, STEP, PIVOT TURN, STEP, FULL TURN, STEP, 1/4 PIVOT TURN

2-3 Turn ¼ left step back on right, turn ½ left step forward on left

Step forward on right, turn ½ left (weight to left), step forward on right Turn ½ right step back on left, turn ½ right step forward on right

8& Step forward on left, turn ½ right (weight to right)

Easier option 6-7 walk forward left, right

REPEAT