One Tender Night



拍数: 40 编数: 4 级数: Intermediate

编舞者: Glennys Croston (UK)

音乐: One Tender Night - Carlene Carter



DIAGONAL FORWARD RIGHT, ON A STEP LOCK, STEP LOCK STEP, STEP DIAGONAL FORWARD LEFT, STEP LOCK, STEP LOCK STEP

1-2 Step forward diagonal on right, lock left behind right

3&4 Step forward diagonal on right, lock left behind right step forward on right

5-6-7&8 Repeat steps 1, 2, 3&4 to left

ROCK FORWARD RECOVER, HALF TURN RIGHT, FORWARD SHUFFLE FULL TURN RIGHT, FORWARD SHUFFLE

9-10 Rock forward on right foot, recover weight on left11&12 Making a half turn right, shuffle forward right, left right

Full turn right stepping left right
Shuffle forward on left, right, left

ROCK FORWARD RECOVER, BACK LOCK BACK, ROCK FORWARD, RECOVER, HALF TURN LEFT, FORWARD SHUFFLE

17-18 Rock forward on right recover on left

19&20 Step back on right, lock left over right, step back on right

21-22 Rock forward on left recover on right

23&24 Making a half turn left, shuffle forward on left right left

CROSS ROCK RECOVER, HALF TURN SHUFFLE FORWARD, CROSS ROCK RECOVER, HALF TURN SHUFFLE FORWARD

25-26 Cross rock right over left, recover weight on left

27&28 Making a half turn right, shuffle forward on right, left right

29-30 Cross rock left over right, recover weight on right 31&32 Making half turn left shuffle forward on left, right, left

QUARTER TURN RIGHT, SIDE BEHIND, SIDE CLOSE SIDE, STEP LEFT TO SIDE, RIGHT BEHIND, SIDE CLOSE SIDE

33-34 Making a quarter turn right, step right to side, step left behind right

35&36 Step right to side, close left beside right, step right to side

37-38 Step left to side, step right behind left

39&40 Step left to side, close right beside left, step left to side

REPEAT