

Contrast (P)

拍数: 32 墙数: 0 级数: Partner
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音乐: One Night - J.C. Jones



Position: Right Side by Side (Sweetheart) facing LOD. Steps are the same for both Man and Lady except where stated

WALKS, SHUFFLES FORWARD

1-2 Walk forward left, right
3&4 Left shuffle forward left, right, left
5-6 Walk forward right, left
7&8 Right shuffle forward right, left, right

PIVOT ½ TURN RIGHT, HOLD, PIVOT ½ TURN LEFT, HOLD

1-2 Step forward on left, pivot ½ turn right
3-4 Step forward on left, hold
Now in Left Side By Side Position facing RLOD
5-6 Step forward on right, pivot ½ turn left
7-8 Step forward on right, hold

Now in Right Side By Side Position facing LOD

LADY'S FULL TURN RIGHT, SHUFFLE, LADY'S FULL TURN LEFT, SHUFFLE

1-2 **MAN:** Step slightly forward left, right
 LADY: Turn over right shoulder left, right
3&4 **MAN:** Left shuffle slightly forward left, right, left
 LADY: Left shuffle slightly forward left, right, left

Counts 1-2 keeping hands together, lady turns under arms to end facing LOD in Right Cross Hand Position

5-6 **MAN:** Step slightly forward right, left
 LADY: Turn over left shoulder right, left
7&8 **MAN:** Right shuffle slightly forward right, left, right
 LADY: Right shuffle slightly forward right, left, right

Counts 5-6 keep both hands together, as lady turns to left, finger tip to finger as lady finishes turn to end facing LOD in Right Side By Side Position

PIVOT ½ TURN RIGHT, HOLD, PIVOT ½ TURN LEFT, HOLD

1-2 Step forward on left, pivot ½ turn right
3-4 Step forward on left, hold
Now in Left Side By Side Position facing RLOD
5-6 Step forward on right, pivot ½ turn left
7-8 Step forward on right, hold

Now in Right Side By Side Position facing LOD

REPEAT