All Through The Night

级数: Intermediate

编舞者: Roz Morgan (USA)

音乐: The One - Backstreet Boys

TOE TOUCHES, SHUFFLES

拍数: 32

- 1-2 Touch left toe forward, touch left toe next to right foot
- 3-4 Touch left toe forward, touch left toe next to right foot
- 5&6 Shuffle forward left, right, left
- 7&8 Shuffle forward right, left, right

KICK, STEP BACK, TOUCH, RIGHT HIP BUMPS, STEP TOUCHES

- 1&2 Kick left foot forward, step back on left foot, touch right foot next to left foot
- 3& Bump hips right, return hips to center
- 4 Bump hips right as you step the right foot to the right
- 5& Step left foot across right foot, step right foot in place
- Step left foot to left side, step right foot in place 6&
- 7& Step left foot back, step right foot in place
- Step left foot next to right foot (left foot takes weight) 8

STEP TOUCHES, PIVOT ½ TURN, SHUFFLE ½ TURN

- 1& Step right foot across left foot, step left foot in place
- 2& Step right foot to right side, step left foot in place
- 3& Step right foot back, step left foot in place
- 4 Step right foot next to left foot (right foot takes weight)
- 5-6 Step forward on left foot, pivot 1/2 turn right as you step on right foot
- 7&8 Shuffle 1/2 turn to right as you step left, right, left (completes full turn with pivot)

MAMBO BACK, MAMBO FORWARD, MAMBO CROSS, ¼ TURN HEEL POPS

- 1&2 Step back on right foot, step left foot in place, step right foot next to left foot
- 3&4 Step left foot forward, step right foot in place, step left foot next to right foot
- 5&6 Step right foot to right side, step left foot in place, cross right foot over left foot
- 7-8 Lift both heels as you make 1/4 turn to left, repeat 1/4 turn to complete 1/2 turn (weight on right foot)

REPEAT





墙数: 2