

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ami Walker (UK) - December 2007
音乐: Home - Westlife : (Album: Back Home)



Intro: 16 counts from start of track

NIGHTCLUB BASIC, SIDE, COASTER STEP, STEP ½ PIVOT STEP, STEP ¾ PIVOT

1,2& Step left foot to left side, rock right foot behind left, recover onto left foot
3 Step right foot to right side
4&5 Step left foot back, step right next to left, step left forward
6&7 Step right foot forward, pivot ½ turn left, step right foot forward
8& Step left foot forward, pivot ¾ turn right

NIGHTCLUB BASIC, SIDE, ¼ WEAVE, STEP ½ PIVOT STEP, ROCK, RECOVER.

1,2& Step left foot to left side, rock right foot behind left, recover onto left foot
3 Step right foot to right side
4&5 Step left foot behind right, make ¼ turn right stepping right forward, step left forward
6&7 Step right foot forward, pivot ½ turn left, step right foot forward
8& Rock left foot forward, recover back onto right

SLIDE BACK, COASTER CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, MAMBO ½ TURN

1 Long step back on left foot
2&3 Step right foot back, step left next to right, cross right over left
3&4 Rock left foot to left side, recover weight onto right foot, cross left over right
5&6 Rock right foot to right side, recover weight onto left foot, cross right over left
8&1 Rock forward on left foot, recover back on right foot, make ½ turn left stepping left foot forward

MAMBO ½ TURN, TRIPLE TURN, STEP ½ PIVOT STEP , MAMBO ¼

2&3 Rock forward on right foot, recover back onto left foot, make ½ turn right stepping forward on right foot
4&5 Make ½ turn right stepping left foot back, make ½ turn right stepping right foot forward, step left foot forward
6&7 Step right foot forward, pivot ½ turn left, step right foot forward
8& Rock forward on left foot, recover back onto right making ¼ turn left

Begin again.

TAG: At end of 2nd and 4th wall

SWAY x2

1,2 Step left foot to left side, sway weight to right foot

Note: During the 2nd wall there is a break in the music, just ignore it and carry on dancing, it stays in time and you'll catch up with the song after the tag.