Stay The Night Beginner



编舞者: MayKwee - December 2010 音乐: Stay the Night - James Blunt



Intro: 32 Counts (20 Sec)

intro. 52 Courts (20 Sec)	
[1–8] Kick & B 1&2& 3&4& 5&6& 7&8&	Ack Rock / Recover, Kick & Kick, Kick & Back Rock / Recover, Point & Point Kick forward on Rf, step Rf back in place, rock back on Lf, recover on Lf (12:00) Kick forward on Lf, step Lf back in place, kick forward on Rf, step Rf back in place Kick forward on Lf, step Lf back in place, rock back on Rf, recover on Lf weight onto Lf Kick forward on Rf, step Rf back in place, kick forward on Lf, step Lf back in place (12:00)
[9-16] 1/2 pivot L, 3/4 Turn L, Side, Cross, Side, 1/4 Coaster step R	
1-2	Step forward on Rf, making a 1/2 turn to left (6) take weight onto Lf
3-4	Making a 1/2 turn to left (12) step back on Rf, continue a 1/4 turn to left (9) step Lf to the left
5-6	Cross Rf over Lf, step Lf to the left weight onto Lf (9:00)
7&8	Making a 1/4 turn to right (12) step back on Rf, step Lf beside Rf, step forward on Rf (Coaster step)
[17-24] Syncopated Lock Steps Fwd, Cross Rock / Recover, 1/4 Turn R, Side, Cross Samba L	
1&2&	Lf step forward, Rf lock behind Lf, Lf step forward, Rf step forward (12:00)
3&4	Lf lock behind Rf, Rf step forward, Lf step forward
5&6	Cross rock forward on Rf, recover on Lf, making a 1/4 turn to right (3) step Rf to the right weight onto Rf
7&8	Cross step Lf over Rf, step Rf to the R and slightly forward, step Lf to the L and slightly forward
[25-32] Cross Samba R, Cross, 1/4 Turn L, Back, Back, Coaster Step, Lock Step Fwd	
1&2	Cross step Rf over Lf, step Lf to the L and slightly forward, step Rf to the R and slightly forward (3:00)
3&4	Cross Lf over Rf, making a 1/4 turn to left (12) step back on Rf, step back on Lf
5&6	Step back on Rf, step Lf beside Rf, step forward on Rf weight onto Rf (Coaster Step)
7&8	Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (12:00)
[33-40] Heel Switches Fwd R-L, Point & Point, 1/2 Pivot L, Walk, Walk	
1&2&	Tap R heel forward, step Rf back in place, tap Lf heel forward, step Lf back in place (12:00)
3&4&	Point Rf out to the right, step Rf beside Lf, point Lf out to the left, step Lf beside Rf
5-6	Step forward on Rf, making a 1/2 turn to left (6) take weight onto Lf
7&8	Stepping forward on Rf, stepping forward on Lf (6.00)
[41-48] Kick Ball Step Fwd, Heel Switches Fwd R-L, Point & Point, 1/2 Pivot L, Walk, Walk	
1-2	Kick forward on Rf, step Rf back in place on ball, step forward on Lf (6:00)
3&4&	Tap R heel forward, step Rf back in place, tap Lf heel forward, step Lf back in place
5&6&	Point Rf out to the right, step Rf beside Lf, point Lf out to the left, step Lf beside Rf
7.0	0, , , , , , , , , , , , , , , , , , ,

Stepping forward on Rf, stepping forward on Lf weight onto Lf (6.00)

Start Again

7-8

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