One Good Night



拍數: 48 牆數: 2 級數: Improver 編舞者: Micaela Svensson Erlandsson (SWE) - November 2015

音樂: One Good Night - Derek Ryan



Intro: 32 counts

Section 1: Side. Behind. Right Chasse. Cross Rock. Left Chasse 1/4 turn left.	Section 1: Side. Be	ehind. Right Chasse.	Cross Rock, Left	Chasse 1/4 turn left.
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1-2 Step right to right. Step left behind right.

Step right to right. Close left beside right. Step right to right.Rock forward on left crossing right. Recover onto right.

7&8 Step left to left. Close right beside left. Turn 1/4 left stepping forward on left.

Section 2: Forward Full Turn. Forward Mambo. Sweep back. Sweep back. Coaster Step.

Turn 1/2 over left shoulder stepping back on right.
Turn 1/2 over left shoulder stepping forward on left.

3&4 Rock forward on right. Recover onto left. Step back on right.

Sweep left from front to back stepping back on left.Sweep right from front to back stepping back on right.

7&8 Step back on left. Step right beside left. Step forward on left.

Restart here: Walls 3 & 6

Section 3: Step. 1/4 Turn left. Kick Ball. Heel. Point left. Point right. Tap. Unwind 1/2 right.

1-2 Step forward on right. Turn 1/4 left.

3&4& Kick right forward. Step right in place. Touch left heel forward. Step left beside right.

Point right to right side. Step right beside left.Point left to left side. Step left beside right.

7-8 Tap right back. Unwind 1/2 right.

Section 4: Step. Kick. Ball. Left Point. Right Point. Hitch right. Cross. Heel Jack. Cross Shuffle.

1-2&3 Step forward on left. Kick right forward. Step down on right. Point left to left.

&4& Step left beside right. Point right to right. Hitch right knee up.

Ending here: After the points.

5&6 Cross right over left. Step left foot diagonally back. Touch right heel forward. &7&8 Step onto right foot. Cross left over right. Step right to right. Cross left over right.

Section 5: Rock 1/4 Turn left. Cross Shuffle. Side. Behind. Left Chasse.

1-2 Rock right. Recover onto left turning 1/4 left.

3&4 Cross right over left. Step left to left. Cross right over left.

5-6 Step left to left. Step right behind left.

7&8 Step left to left. Close right beside left. Step left to left.

Section 6: Cross. Rock Chasse 1/4 turn right. Step 1/2 turn right. Forward Shuffle.

1-2 Rock forward on right crossing left. Recover onto left.

3&4 Step right to right. Close left beside right. Turn 1/4 right stepping forward on right.

5-6 Step forward on left. Turn 1/2 right.

7&8 Step forward on left. Close right beside left. Step forward on left.

Restarts: On wall 3 (Facing 9 o'clock) & 6 (Facing 6 o'clock) After Section 2

Note: First you dance 2 walls (12 & 6) but after the Restart you dance 2 other walls (3 & 9).

After the 2nd Restart you go back to dancing 12 &6 again until the end.

Ending: Dance until Step 4 of Section 4.

Ball. Tap. Unwind 1/2 left.

& 5-6

Step right beside left. Tap left toes back. Unwind 1/2 left.