U.B. Nightclub

級數: Beginner smooth NC

牆數: 2 編舞者: Ronald "RONNIE" Grabs (DE) - January 2020

音樂: You Raise Me Up - Westlife

(or any other Nightclub)

- 1,2& RF step to R side, LF next to RF slightly behind (3rd), RF cross step over LF (5th),
- 3,4& LF step to L side, RF next to LF slightly behind (3rd), LF cross step over RF (5th),
- 5 turn 1/4 to R (3:00) stepping RF forward and sweep LF forward,
- 6& LF cross step over RF, RF step back,
- 7 turn 1/2 to L (9:00) stepping LF forward and sweep RF forward,
- RF cross step over LF, LF step back, 8&

1/4 R STEP SIDE / 3x SWAY w. 1/8 L / STEP-1/2 PIVOT L / CROSS LUNGE / BACK-SIDE / CROSS LUNGE / BACK-TOG.

- turn 1/4 to R (12:00) stepping RF to R side, 1
- 2&3 sway upper body to L side, sway upper body to R side, sway upper body to L side turning 1/8 L (10:30)
- 4& RF step forward, turn 1/2 to L (4:30) stepping LF forward,
- 5 RF lunge step forward,
- recover weight back onto LF, RF step to R side, 6&
- 7 LF lunge step forward,
- 8& recover weight back onto RF, LF step next to RF,

REPEAT





拍數: 16