Music On



拍數: 32 牆數: 4 級數: Low Intermediate

編舞者: Pascal Michel Spiga (IT) - July 2022 音樂: Silenced By the Night - Keane



Start dancing on lyrics

KICK TWICE, POINT SIDE HOOK R, SIDE SHUFFLE, COASTER STEP 1/4

1-2 kick R to R, kick R to centre3-4 point side, hook R behind L

5&6 side shuffle (R-L-R)

7&8 coaster step turn ½ L (9:00)

POINT R, POINT L, PIVOT 1/4, CROSS UNWIND 1/2

1-2 point R to side, recover FWD R3-4 point L to side, recover FWD L

5-6 step R FWD ¼ turn L, recover (weight on L)

7-8 step R cross, turn ½ L (6:00)

SHUFFLE BACK, STEP TURN ½ SCUFF, ROCK HOOK L, ROCK HEEL R

1&2 shuffle back (R-L-R)

3-4 step turn L ½, scuff R FWD

5-6 diagonally rock R step, hook L behind R and slap R

7-8 diagonally L rock back, R heel FWD

JUMPING STOMPS, STEP TURN 1/4, HIP BUMPS R, HIP BUMBPS L

§1&2 jumping back L and stomp up R, jump back L and stomp R (weight R)

3-4 step L turning ¼ L, touch R near L

5-6 hip bumps R FWD

7-8 hip bumbs L back (weight on L)

TAG: 16 COUNTS (at the end of wall 7)

MONTEREY ½ TURN R, SIDE SHUFFLE (L-R-L), ROCK BACK, TRAVELLING TOE-HEEL SWIVELS, SIDE TOUCH & CLAP

1-2 monterey ¼ turn R, recover

3-4 monterey ¼ rurn R, recover (weight on R)

5-6 side shuffle (L-R-L) on the L 7-8 rock back R, recover L

swiveling L heel to the R, touch R toe next to the L foot swiveling L toe to the R, touch R heel nex to the L foot swiveling L heel to the R, touch R toe next to the L foot swiveling L toe to the R, touch R heel next to the L foot

5-6 side R to R with clap and touch L

7-8 side L to L with clap and touch R (weight on L)

ENJOY IT ... Mikiwest