Keep Dancing



拍數: 64 牆數: 2 級數: Intermediate

編舞者: Gary Lafferty (UK) - May 2023

音樂: We Own The Night - Sophie and the Giants



Music Info: 16-count intro - no tags & no restarts!

WEAVE TO LEFT with POINT; STEP DIAGONALLY-FORWARD, ½ TURN BACK, STE	P BACK, DOUBLE-
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1-2	Cross-step Right foot over Left, step to Left on Left foot

3-4 Cross-step Right foot behind Left, touch Left foot to back-Left diagonal

5-6 Step forward to the front-Right diagonal (1:30) on Left foot, turn ½ Left (7:30) stepping back

on Right foot

7&8 Step back on Left foot (7:30), clap hands twice

ROCK BACK, RECOVER, RIGHT KICK-BALL-STEP; 2 x HEEL STEPS TRAVELLING FORWARD

This entire section is doing facing the 7:30 back Right diagonal wall

1-2	Rock back on	Right foot	recover	weight o	nto I	Left fo	าดเ
1-4	I YOUR DACK OIL	I MULLIOUL.	ICCOVCI	WEIGHT	יונטיי		ノン

3&4 Kick Right foot forward, step down on right foot, step forward on Left foot

Touch Right heel forward, step down onto Right footTouch Left heel forward, step down onto Left foot

ROCK FORWARD, RECOVER, TRIPLE 1/2 TURN; SIDE-ROCK, RECOVER, CROSS-STEP, DOUBLE-CLAP

1-2 Rock forward on Right foot (7:30), recover weight back onto Left foot

3&4 Make ½ shuffle turn back over Right shoulder stepping on Right-Left-Left (now facing 1:30)

5-6 Making 1/8 turn Right (3:00) rock to Left on Left foot, recover weight onto Right foot

7&8 Cross-step Left foot over Right, clap hands twice

1/4 MONTEREY TURN then 1/4 MONTEREY TURN with CROSS

1-2 Point Right foot out to Right side, turn ¼ Right stepping down onto Right (6:00)

3-4 Point Left foot out to Left side, step on Left foot beside Right

5-6 Point Right foot out to Right side, turn ¼ Right stepping down onto Right (9:00)

7-8 Point Left foot out to Left side, cross-step Left foot over Right

SYNCOPATED GRAPEVINE to RIGHT; ROCK BACK, RECOVER, KICK-BALL-CROSS

1-2& Step to Right on Right foot, cross-step Left foot behind Right, step to Right on Right foot

3-4 Cross-step Left foot over Right, step to Right on Right foot5-6 Rock back on Left foot, recover weight onto Right foot

7&8 Kick Left foot forward, step down on Left foot, cross-step Right foot over Left

WEAVE TO LEFT; LEFT SIDE-SHUFFLE, ROCK BACK, RECOVER

1-2	Step to Left on Left foot, cross-step Right foot behind Left
3-4	Step to Left on Left foot, cross-step Right foot over Left

5&6 Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot

7-8 Rock back on Right foot, recover weight onto Left foot

SIDE, HOLD & SIDE, TOUCH; 1/4 TURN, 1/4 TURN, 1/4 SAILOR TURN

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3-4 Step to Right on Right foot, touch Left foot beside Right

5-6 Turn ¼ Left stepping forward on Left foot (6:00), turn ¼ Left stepping to Right on Right foot

(3:00)

7&8 Left sailor step making ½ turn Left (12:00)

WALK RIGHT then LEFT, SHUFFLE FORWARD ON RIGHT; ROCK FORWARD, RECOVER, 5/8 TURN, FLICK

1-2	Step forward on Right foot, step forward on Left foot
3&4	Step forward on Right foot, step on Left foot beside Right, step forward on Right foot

5-6 Rock forward on Left foot, recover weight onto Right foot

7-8 Turn 5/8 Left to face back-Left diagonal (4:30), flick Right foot backwards & upwards

START AGAIN

Optional starting position \Box – turn your body to face Left diagonal 10:30) with the Right foot pointed out to Right side. On count 16 of the intro there's a very heavy beat ... flick Right foot backwards & upwards – then you start the dance on count 1