These Are the Nights



編舞者: GoWildWest Isabel (CH) - April 2025 音樂: These Are The Nights - Richello



(ISI Beginner Training: Circle Dance)

Intro: 4x8 Counts wait or start immediately

Optional you can dance it in a circle - very funny

Part 1: Walk, V-Step

1-4 RF walk, LF walk, RF walk, LF walk

5, 6 RF step out, LF step out 7, 8 RF step in, LF step in

Part 2: 2x Slide Back, 2x Hop

1, 2	RF slide back, LF drag
3, 4	LF slide back, RF drag
5,6	RF hop right, LF touch
7, 8	LF hop left, RF touch

Part 3: 2x Side Touch, Basic

1, 2	RF right, LF touch (clap hands)
3, 4	LF left, RF touch (clap hands)
5, 6	RF right, LF cross behind
7, 8	RF right, LF touch

Part 4: 2x Side Touch, Basic with Turn

1, 2	LF left, RF touch (clap hands)
3, 4	RF right, LF touch (clap hands)
5, 6	LF left, RF cross behind
7, 8	LF 1/4 turn left, RF touch

Last Update: 23 Apr 2025