James Night



拍數: 96 牆數: 1 級數: Intermediate

編舞者: Lilly West (FR) - January 2011 音樂: Stay the Night - James Blunt 或: Stay The Night - Lilly West



Termes Leap: Jump from on foot and recover on the other.

VERSE

Walk R, Walk L, Forward Triple, Forward Rock, Back ½ Turning Triple,

1 – 2 – 3 & 4 Step R Forward, Step L Forward, Forward Triple stepping R, L, R, 12:00

5 – 6 – 7 & 8 Rock L Forward, Recover to R, Back Triple Turning ½ Turn L and stepping L, R, L 06:00

Side Rock, Cross, Toe, Cross, Toe, Cross, Syncopated Step 1/4 Turn,

1 – 4 Rock R to Side, Recover to L, Cross R over L, Touch L to Side,

5-6-7-8& Cross L over R, Touch R to side, Cross R over L, Step L Forward, Pivot ¼ Turn R, 09:00 **Do the 16 first counts again, with the other foot:**

Walk, Walk, Forward Triple, Forward Rock, Back ½ Turning Triple,

1 – 2 – 3 & 4 Step L Forward, Step R Forward, Forward Triple stepping L, R, L,

5 – 6 – 7 & 8 Rock R Forward, Recover to L, Back Triple Turning ½ Turn R and stepping R, L, R, 03:00

Side Rock, Cross, Toe, Cross, Toe, Cross, Syncopated Step 1/4 Turn,

1 – 4 Rock L to Side, Recover to R, Cross L over R, Touch R to Side,

5 – 6 – 7 – 8& Cross R over L, Touch L to Side, Cross L over R, Step R Forward, Pivot ¼ turn L, 12:00

Heel bounces.

1 – 4 Step R Forward keeping Weight on L, Bounce R Heel in place for 3 counts,
5 – 8 Step L Forward keeping Weight on R, Bounce L Heel in place for 3 counts,

Skate R, Skate L, Step 1/4 Turn, Toe Switches, 1/4 Turn L, Beginning of a L Chainé,

1 – 4 Skate R, Skate L, Step R Forward, Pivot ¼ turn L, 09:00

5 & 6 Touch R to Side, Step R in place, Touch L to Side,

7 – 8 Turn ¼ L & Step L Forward, Turn ½ L & Step R Back, 06:00 puis 12:00

CHORUS

½ turn & Forward Triple, Kick Out Out, Swivels, ¼ Turn Swivel, Forward Triple,

1 & 2 – 3 & 4 Turn ½ L + Forward Triple stepping L, R, L, Kick R, Step R to Side, Step L to Side, 06:00 5 & 6 & Swivel Heels R, Swivel Heels L, Swivel Heels R & Turn ¼ L, Hook L over R Shin, 03:00

7 & 8 Forward Triple stepping L, R, L,

Cross Rock, Together, Toe Switches, Sailor Turn, Vaudeville Step,

1 & 2 Cross R over L, Recover to L, Step R in place,

& 3& 4Touch L over R turning L heel to R side, Step L in place,& 4Touch R over L turning R heel to L side, Step R in place,

5 & 6 Cross L behind R, Turn ¼ L & Step R to Side, Step L to Side, 12:00

7 & 8 & Cross R over L, Step L to Side, R Heel Forward, Step R slightly back,

Vaudeville Step, Kick Out Out, Swivels, ¼ Turn Swivel, Forward Triple,

1 & 2 & Cross L over R, Step R to Side, R Heel Forward, Step L in place,

3 & 4 Kick R, Step R to Side, Step L to Side,

5 & 6 & Swivel Heels R, Swivel Heels L, Swivel Heels R & Turn ¼ L, Hook L over R Shin, 09:00

7 & 8 Forward Triple stepping L, R, L,

Cross Rock, Ronde, 1/4 Turn, Sailor Step, Sailor Scuff Leap, Stomp, Hold,

1 & 2 Cross R over L, Recover to L, R Rond-de-jambe backwards,

3 & 4 Turn 1/4 R & Cross R behind L, Step L to Side, Step R to Side, 12:00

5 & 6 & 7 – 8 Cross L behind R, Step R to Side, Scuff L forward, Leap L to Side, Stomp R next to L, Hold

Forward Toe Struts, Syncopated Splits, Bumps,

1 & 2 & Touch R Forward, Drop R Heel, Touch L Forward, Drop L Heel, 3 & 4 & Step R to Side, Step L to Side, Step R in place, Step L in place,

5 – 6 – 7 &8& Step R Forward & Bump, Bump L Back, Bump R, Bump L, Bump R, Bump L,

Backwards Toe Struts, Syncopated Splits, Forward Toe, Back Toe, Heel Switches.

1 & 2 & Touch R Back, Drop R Heel, Touch L Back, Drop L Heel,

3 & 4 & Step R to Side, Step L to Side, Step R in place, Step L in place,

5 – 6 Touch R Forward, Touch R Back,

7 & 8 & R Heel Forward, Step R in place, L Heel Forward, Step L in place.

Written by Lilly WEST, lilly@lillywest.fr, 04.71.01.24.18, Fontannes 43500 Jullianges, FRANCE