

The Nightlife Slide

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 0 級數:
編舞者: Wayne Chitenden
音樂: I Love the Nightlife - Scooter Lee



SCUFF & CROSS

- 1-2-3-4 Scuff left forward, cross over right foot, in place, together, (left, left, right, left)
5-8 Scuff right foot forward, cross over left foot, turn ½ left (unwind), hold & clap hands. (right, right, both)

TOE-HEEL WALKS

- 9-12 Step forward with left toe, lower onto heel, step forward with right toe, lower onto heel (left, left, right, right)
13-16 Toe heel walks: step forward left toe, lower onto heel, step forward & turn ½ to left, hold with weight on right (left, left, right, hold)

BOUNCES AND TOUCHES:

- 17-20 Bounce left heel twice, bounce right heel twice (left, left, right, right)
21-24 Foot switches similar to tush push: touch right heel forward, quickly bring together & touch left heel forward, quickly bring together & touch right heel forward, clap hands as you put weight on right foot (right, left, right, right)

FORWARD GRAPEVINE

- 25-28 Scuff left foot forward, step forward, cross behind, step forward (left, left, right, left)

FORWARD GRAPEVINE

- 29-32 Scuff right foot forward, step forward, cross behind, step forward (right, right, left, right)

GRAPEVINE LEFT

- 33-36 Scuff left foot forward, step side, cross behind, step side & turn ¼ left (left, left, right, left)
37-40 Scuff right foot forward, step back, step back, step together & clap (right, right, left, right)

REPEAT