Oh What A Night

拍數: 32

級數: Improver

編舞者: Beth Webb (USA) & Peter Blaskowski (USA)

音樂: December, 1963 (Oh, What a Night) - Frankie Valli & The Four Seasons

Dedicated to the dancers at Starks, who make every Thursday night special for us

AND STEP, CLAP, ROCK & BEHIND, ¼ TURN STEP, ½ PIVOT, ROCK RECOVER

- & Rock back on left foot (This is a push, so don't move your body over the foot. You should drop your heel, though.)
- 1-2 Step right foot forward, clap hands
- 3 Rock to left on left foot (This is a push, so don't move your body over the foot)
- &4 Recover weight to right foot, cross left foot behind right foot
- 5 Pivot ¼ turn to right on left foot and step right foot forward
- 6-7 Step left foot forward, pivot ½ turn right on both feet (end with weight on right foot)
- & Rock to left on left foot (This is a push, so don't move your body over the foot)
- 8 Recover weight to right foot

WALK, WALK, CROSS ROCK STEP, SKATES, DISCO BUMPS

- 1-2 Walk forward left, right
- 3&4 Rock/step left foot across right foot, recover weight to right foot, step left foot to left side
- 5-6 Skate to the right with the right foot, skate to the left with the left foot
- 7&8 Bump hips to left as you transfer weight to left foot, return hips to center, bump hips to left

Hands for counts 7&8 (Weight stays on left foot for these counts)

- 7 Raise right hand high to the right and point to the ceiling while pointing to floor with left index finger, left elbow out to the left side
- & Bring right hand down to left hip and point to the floor to your left while left hand comes to your right shoulder and points upward to the right
- 8 Raise right hand high to the right and point to the ceiling while pointing to floor with left index finger, left elbow out to the left side

1/4 TURN, LOCK STEP, LOCKING SHUFFLE, ROCK RECOVER, SYNCOPATED VINE

- 1 Pivot ¼ turn right on left foot and step right foot forward
- 2 Lock step left foot behind right foot (5th position)
- 3&4 Step right foot forward, lock step left foot behind right foot (5th position), step right foot forward
- 5-6 Rock/step to left on left foot, recover weight to right foot stepping the right foot back slightly
- 7& Step left foot across right foot, step right foot to right
- 8& Step left foot behind right foot, step right foot to right

ROCK, RECOVER, ½ TURN, WALK, WALK, SIDE, SLIDE, KNEE, KNEE

- 1-2 Rock/step left foot forward, recover weight to right foot
- 3-4 Pivot ¹/₂ turn left on right foot and step left foot forward, step right foot forward
- 5-6-7 Step left foot a wide step to the left side, slide right foot toward left foot ending with right toe touched next to left foot at count 7
- & Bend right knee inward across in front of left knee
- 8 Return right knee to center as you step down on the right foot and bend left knee inward across in front of right knee

REPEAT

over





牆數: 2