One Tender Night

拍數: 40   **牆數:** 4   **級數:** Intermediate

編舞者: Glennys Croston (UK)

音樂: One Tender Night - Carlene Carter

DIAGONAL FORWARD RIGHT, ON A STEP LOCK, STEP LOCK STEP, STEP DIAGONAL FORWARD LEFT, STEP LOCK, STEP LOCK STEP

1-2	Step forward diagonal on right, lock left behind right
3&4	Step forward diagonal on right, lock left behind right step forward on right
5-6-7&8	Repeat steps 1, 2, 3&4 to left

ROCK FORWARD RECOVER, HALF TURN RIGHT, FORWARD SHUFFLE FULL TURN RIGHT, FORWARD SHUFFLE

9-10	Rock forward on right foot, recover weight on left
11&12	Making a half turn right, shuffle forward right, left right
13-14	Full turn right stepping left right
15&16	Shuffle forward on left, right, left

ROCK FORWARD RECOVER, BACK LOCK BACK, ROCK FORWARD, RECOVER, HALF TURN LEFT, FORWARD SHUFFLE

17-18	Rock forward on right recover on left
19&20	Step back on right, lock left over right, step back on right
21-22	Rock forward on left recover on right
23&24	Making a half turn left, shuffle forward on left right left

CROSS ROCK RECOVER, HALF TURN SHUFFLE FORWARD, CROSS ROCK RECOVER, HALF TURN SHUFFLE FORWARD

25-26	Cross rock right over left, recover weight on left
27&28	Making a half turn right, shuffle forward on right, left right
29-30	Cross rock left over right, recover weight on right
31&32	Making half turn left shuffle forward on left, right, left

QUARTER TURN RIGHT, SIDE BEHIND, SIDE CLOSE SIDE, STEP LEFT TO SIDE, RIGHT BEHIND, SIDE CLOSE SIDE

33-34	Making a quarter turn right, step right to side, step left behind right
35&36	Step right to side, close left beside right, step right to side
37-38	Step left to side, step right behind left
39&40	Step left to side, close right beside left, step left to side

REPEAT