Nightshift

拍數: 48	牆數: 4	級數: Intermediate

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音樂: Nightshift - The Commodores : (Album: Nightshift)

Intro Count : 32 Start on vocals

A. ROCK LEFT AND STEP BACK, TOUCH TOE, ROCK RIGHT AND STEP BACK, TOUCH TOE – (CUBAN MOTION)

1-2	Rock left to left side. Recover onto right.
3-4	Step back left. Touch right toe forward.
5-6	Rock right to right side. Recover onto left.
7-8	Step back right. Touch left toe forward.

B. FORWARD LEFT, TOGETHER, FORWARD LEFT, POINT RIGHT, CROSS, POINT LEFT, CROSS, POINT RIGHT.

1-2	Step forward left. Step right beside left.
3-4	Step forward left. Point right toe to right side.
5-6	Cross right behind left. Point left to left side.
7-8	Cross left over right. Point right to right side.

C. CROSS BACK, SIDE, CROSS FRONT, 1/4 LEFT, STEP, 1/4 PADDLE LEFT, STEP, 1/4 PADDLE LEFT.

1-2	Cross right behind left. Step left to left side.
3-4	Cross right over left. Step 1/4 left on left.
5-6	Step forward right. Paddle 1/4 turn left.
7-8	Step forward right. Paddle 1/4 turn left.

D. WEAVE LEFT AND SWEEP-BACK, BEHIND, SIDE, CROSS, 1/2 TURN RIGHT.

1-2	Cross right over left. Step left to left side.
3-4	Cross right behind left. Sweep left behind right.
5-6	Cross left behind right. Step right to right side.
7-8	Cross left over right. Step 1/2 right on right.

E. ROCK, RECOVER, FORWARD SHUFFLE, HEEL AND CHANGE, LEFT COASTER.

1-2	Rock forward left. Recover onto right.
3&4	Step forward left. Close right beside left. Step forward left.
5&6	Touch right heel forward. Step right beside left. Touch left heel forward.
7&8	Step back on left. Step right beside left. Step forward left.

F. ROCK, RECOVER, FORWARD SHUFFLE, HEEL AND CHANGE, RIGHT COASTER.

1-2	Rock forward right. Recover onto left.
3&4	Step forward right. Close left beside right. Step forward right.
5&6	Touch left heel forward. Step left beside right. Touch right heel forward.
7&8	Step back on right. Step left beside right. Step forward right.

~ * ~ DANCE LIKE YOU HAVE NEVER DANCED BEFORE ~ * ~