G.J. Tonight



拍數: 32

牆數:4

級數: Improver

編舞者: Ronald "RONNIE" Grabs (DE) - June 2011

音樂: Can't Wait Until Tonight - Max Mutzke : (CD: Max Mutzke)



My Girl by Alabama - Dancin' On The Boulevard] [104bpm]

Say It Right by Nelly Furtado [CD: Loose]

Start dancing on lyrics

FORWARD. ROCK-RECOVER-SLOW STEP SIDE, BACK ROCK-RECOVER-SLOW STEP SIDE

1-2-3-4 Hold, rock left forward, recover right back, slow step left to side

5-6-7-8 Hold, cross/rock right behind left, recover left forward, slow step right to side

Change only in 1st wall: count 1 "the hold" with: step right to side. All other walls: count 1 - hold position! The counts 1 & 5 are not really holds, more slow steps 4-5 & 8-1

1⁄4 RIGHT STEP FORWARD, 1⁄2 LEFT & STEP BACK-SLOW STEP BACK, BACK ROCK-RECOVER-SLOW STEP FORWARD

- 1-2-3-4 Hold, turn ¼ right (face 3:00) and step left forward, turn ½ left (face 9:00) and step right back, slow step left back
- 5-6-7-8 Hold, rock right back, recover left forward, slow step right forward

STEP FORWARD, TURN ½ RIGHT, SLOW STEP FORWARD, STEP FORWARD, TURN ¼ LEFT, SLOW CROSS OVER STEP

- 1-2-3-4 Hold, step left forward, turn ½ right (face 3:00) and change weight on right, slow step left forward
- 5-6-7-8 Hold, step right forward, turn ¼ left (face 12:00) and change weight on left, slow cross right over left

STEP SIDE & HIP SWAY, CROSS BEHIND-1/4 LEFT & STEP FORWARD.-SLOW STEP SIDE

- 1-2-3-4 Hold, step left to side and sway hips to left side, sway hips to right side, slow sway hips to left side
- 5-6-7-8 Hold, cross right behind left, turn ¼ left (face 9:00) and step left forward, slow step right to side

REPEAT

TAG: If you dance to "Can't Wait Until Tonight" by Max Mutzke there are 2 tags after wall 1 & 4: HOLD, SWAY

1-2-3 Hold for 3 counts

4 Sway hips to left and change weight on to left

Start the dance on the word: "tonight" like the 1st wall with count 1: step right to side

