

NIGHTSHIFT

Choreographed by Kath Dickens
Description: 64 count, 4 wall, intermediate line dance
Musik: Nightshift by Dr. Victor & The Rasta Rebels [CD: New Flame / Available on iTunes]
Intro: 32 counts from heavy beat, starting on vocals "Marvin"

ROCK, RECOVER, TRIPLE FULL TURN RIGHT, CROSS, SIDE, ¼ SAILOR STEP FORWARD

- 1-2 Rock right forward, recover to left
- 3&4 Triple full turn right on the spot stepping right, left, right (coaster for easier option)
- 5-6 Cross left over right, step right to side
- 7&8 Sweep left behind right, turn ¼ left and step on right, step left forward (9:00)

& WALK, WALK, MAMBO FORWARD, BACK, DRAG, &, WALK, WALK

- &1-2 Step right together, step left forward-right
- 3&4 Rock left forward, recover to right, step slightly left back
- 5-6 Take a long step right back, drag left back
- &7-8 Step left to side, step right forward-left

ROCK, RECOVER, ¼ TOUCH, ¼ TURN, TOUCH, ¼ TURN, SAILOR STEP

- 1-2 Rock right forward, recover to left
 - 3-4 Turn ¼ r and touch r together, make another turn ¼ right and step right forward (3:00)
 - 5-6 Touch left at side of right, make another turn ¼ right as you step left to side (6:00)
 - 7&8 Cross right behind left, step left to side, step slightly diagonal right
- Try doing counts 3-6 with hip bumps and a little attitude

STEP, TOUCH, SHUFFLE TWICE

- 1-2 (Moving forward) step on left to left diagonal, touch right together
- 3&4 Shuffle to right diagonal stepping right, left, right
- 5-8 Repeat 1-4 again

ROCK, RECOVER, TRIPLE FULL TURN, CROSS, ¼ TURN, ¼ CHASSE

- 1-2 Rock left forward, recover to right
- 3&4 Triple full turn to the left on the spot stepping left, right, left (coaster for easier option)
- 5-6 Cross right over left, turn ¼ right and step left back (9:00)
- 7&8 Make another turn ¼ right as chasse to right to side stepping right, left, right (12:00)

& SIDE, LEFT JAZZ BOX, HIP BUMPS X4

- &12 Step left together, step right to side, cross left over right
 - 3-4 Step right back, step left to side
 - 5-8 Bump hips right left, right-left
- Restarts come here

ROCK, RECOVER, SHUFFLE BACK, SHUFFLE ½, ¼ PIVOT

- 1-2 Rock right forward, recover to left
- 3&4 Chassé back right, left, right
- 5&6 Shuffle turn ½ left left, right, left (6:00)
- 7-8 Step right forward, turn ¼ left as you transfer weight to left (3:00)

CROSS, SIDE, SAILOR STEP TWICE

1-2 Cross right over left, step left to side

3&4 Right sailor step

5-8 Repeat steps 1-4 starting on left

REPEAT

RESTART

Restart on wall 3 (6:00) and wall 6 (12:00) after count 48

ENDING

Just do an extra triple full turn

Dem Archiv hinzugefügt: 9-Aug-2010

