Nightshift (上夜班的) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Kath Dickens (UK) - 2010年08月
Music: Nightshift - Dr. Victor & The Rasta Rebels

前奏： Intro: 23 secs from start, or 32 Counts from heavy beat, starting on vocals.. “Marvin”

第一段 Rock, Recover, Triple Full Turn Right, Cross, Side, 1/4 Sailor Step Fwd
下沉 回復, 三步右轉圈, 交叉 右踏, 1/4轉水手

1-2 Rock fwd on Right, recover weight back onto Left.
右足前下沉, 左足回復

3&4 Triple full turn to Right on the spot stepping R-L-R (Coaster for easier option). 原地三步轉圈-右, 左, 右(簡易版：海岸步)

5-6 Cross Left over Right, step side Right.
左足於右足前交叉踏, 右足右踏

7&8 Sweep Left Foot behind Right, make 1/4 turn Left stepping on Right, step fwd on Left. (9.00)
左足繞至右足後踏, 左轉90度右足踏, 左足前踏(面向9點鐘)

第二段 & Walk, Walk, Mambo Fwd, Back, Drag, &, Walk, Walk
併-走 走, 前曼波, 後 拖併, 併-走 走

&12 Step Right next to left (&) walk fwd L-R
右足併踏, 左足前走, 右足前走

3&4 Rock fwd on Left, recover weight to Right, step slightly back on Left.
左足前下沉, 右足回復, 左足略後踏

5-6 Take a long step back on Right, drag Left foot back.
右足後一大步, 左足拖併

&78 Step onto Left (&), walk fwd R-L.
左足踏, 右足前走, 左足前走

第三段 Rock, Recover, 1/4 Touch, 1/4 Turn, Touch, 1/4 Turn, Sailor Step
下沉 回復, 1/4點 1/4踏, 併點 1/4左踏, 水手步

1-2 Rock fwd on Right, recover weight back onto Left
右足前下沉, 左足回復

3-4 Make 1/4 turn to Right and touch Right next to Left, make another 1/4 turn Right stepping fwd on Right. (3.00)
右轉90度右足併點, 右轉90度右足前踏(面向3點鐘)

5-6 Touch Left at side of Right, make another 1/4 turn Right as you step side Left. (6.00) 左足併點, 右轉90度左足左踏(面向6點鐘)

7&8 Step Right behind Left, step Left to side, step slightly diagonal Right. 右足於左足後踏, 左足左踏, 右足斜前踏

Try doing counts 3-6 with hip bumps and a little attitude.
3-6拍試著帶點推臀動作

第四段 Step, Touch, Shuffle x2 斜前踏 併點 前交換 總共二次

1-2 (Moving fwd) step on Left to Left Diagonal, touch Right next to Left.
(向前移)左足左斜角前踏, 右足併點

3&4 Shuffle to Right diagonal stepping R-L-R.
右斜前交換-右, 左, 右

5-8 Repeat 1 - 4 again. 重覆1-4

第五段 Rock, Recover, Triple Full Turn, Cross, 1/4 Turn, 1/4 Chasse
下沉 回復, 三步轉圈, 交叉 1/4, 1/4右追步

1-2 Rock fwd on Left, recover weight back onto Right.
左足前下沉, 右足回復

3&4 Triple full turn to the Left on the spot stepping L-R-L (Coaster for easier option) 原地三步左轉圈-左, 右, 左(簡易版-海岸步)

5-6 Cross Right over Left, make 1/4 turn Right as you step back on Left (9.00) 右足於左足前交叉踏, 右轉90度左足後踏(面向9點鐘)

7&8 Make another 1/4 turn Right as chasse to Right to side stepping R-L-R. (12.00) 右轉90度右追步-右, 左, 右(面向12點鐘)

第六段 & Side, Left Jazzbox, Hip Bumps x4
併 右, 爵士方塊, 推臀四次

&12 Step Left next to Right (&) Step side Right, cross Left over Right,
左足併踏, 右足右踏, 左足於右足前交叉踏

3-4 Step Back on Right, step to side on Left.
右足後踏, 左足左踏

5-8 Bump hips to R-L-R-L 推臀-右, 左, 右, 左

RESTARTS: come on wall 3 (6.00) and wall 6 (12.00)
第三面牆(面向6點鐘), 第六面牆(面向12點鐘)時, 從頭起跳

第七段 Rock, Recover, Shuffle Back, Shuffle 1/2, 1/4 Pivot
下沉 回復, 後交換, 轉交換, 踏 1/4

1-2 Rock fwd on Right, recover weight on left.
右足前下沉, 左足回復

3&4 Shuffle Back, R-L-R 後交換-右, 左, 右

5&6 Shuffle 1/2 turn Left L-R-L (6.00)
左180度轉交換-左, 右, 左(面向6點鐘)

7-8 Step fwd on Right, make 1/4 turn Left as you transfer weight onto Left. (3.00) 右足前踏, 左轉90度重心在左足(面向3點鐘)

第八段 Cross, Side, Sailor Step x2 交叉 左, 水手步 總共二次

1-2 Cross Right over Left, step Left to side.
右足於左足前交叉踏, 左足左踏

3&4 Step Right behind Left, step Left to side, step Right to side.
右足於左足後踏, 左足左踏, 右足右踏

5-8 Repeat steps 1- 4 starting on Left. 換左腳重覆1-4

Optional ending = Just do an extra triple full turn.
結束時可以額外做一個三步轉圈動作
