

40 DAYS 40 NIGHTS



Chorégraphe : Lois Lightfoot

Description : Débutant-Intermédiaire / 32 comptes / 4 murs / 1 tag

Musique : 40 Days and 40 Nights by Tim McGraw

Intro : 16 comptes

1-8 RIGHT DOROTHY, LEFT DOROTHY, ROCK RECOVER, SHUFFLE ½ TURN.

- 1-2& Step right foot diagonally forward, lock left behind right, Step right foot forward.
- 3-4& Step left foot diagonally forward, lock right foot behind, step left foot forward.
- 5-6 Rock forward onto right foot, recover weigh onto left foot.
- 7&8 Step right foot back making a shuffle ½ turn to right stepping Right, left, right.(6:00)

9-16 ROCK FORWARD, RECOVER & STEP BACK ROCKING BACK, RECOVER, STEP PIVOT ¼ LEFT, CROSS SHUFFLE.

- 9-10& Rock forward onto left Recover weight onto right & step Left foot next to right foot.
- 11-12 Rock back onto right foot, Recover weigh onto left foot.
- 13-14 Step right foot forward Pivot ¼ turn to left.(3:00)
- 15&16 Cross right over left Step left to left side, cross right over left.

17-24 VINE LEFT WITH A SYNCOPATED CROSS ROCK & WEAVE RIGHT WITH A ¼ TURN LEFT.

- 17-18& Step left foot side, Cross right behind left & step left foot to side.
- 19-20& Cross Rock right foot over left foot, Recover weigh onto Left foot & Step Right to side.
- 12-22 Cross Left Over right, Step right foot to side.
- 23-24 Step left foot behind right foot, Step right to side making ¼ turn to right.(6:00)

25-32 STEP LEFT FORWARD, PIVOT ½ TURN RIGHT, SHUFFLE FORWARD, SHUFFLE ½ TURN LEFT, SAILORS ¼ TURN LEFT.

- 25-26 Step left foot forward, Pivot ½ turn to the right. (12:00)
- 27&28 Step left foot forward, Lock step right behind left, step left foot forward.
- 29&30 Step right foot forward making a shuffle ½ turn to Left stepping Right, left, right.(6:00)
- 31&32 sweeping left behind right making ¼ turn left, step right foot to side, step left slightly to left. (3:00)

TAG À la fin du 4^e mur (12:00), ajout de 16 comptes. Recommencer du début

- 1-2& Step right foot diagonally forward, lock left behind right, Step right foot forward.
- 3-4& Step left foot diagonally forward, lock right foot behind, step left foot forward.
- 5-6 Rock forward onto right foot, recover weigh onto left foot.
- 7&8 Step right foot back making ½ shuffle turn to the right to face 6 o Clock
- 1-2& Step left foot diagonally forward, lock right foot behind, step left foot forward.
- 3-4& Step right foot diagonally forward, lock left behind right, Step right foot forward.
- 5-6 Rock forward onto left foot, recover weigh onto Right foot.
- 7&8 Step left foot back making ½ shuffle turn to left to face 12 o clock