

Rhythm of the Night

Choreographer: Sarah Fröhlich

Level: Beginner

Counts: 32

Wall: 2

Motion: Disco/ Funky

Music: Cascada – Rhythm of the night

Dance starts after 16!

1-8 2x SAILOR STEP, STAMP, KICK, COASTER STEP

- 1&2 RF cross behind LF, LF step a little to the left, RF step to the right
- 3&4 LF cross behind RF, RF step a little to the right, LF step to the left
- 5,6 RF stamp on the floor in front of LF, RF kick diagonally in front of the LF
- 7&8 RF step back, LF close to RF, RF step forward

9-16 STAMP, KICK, COASTER STEP, OUT-OUT, IN-IN

- 9,10 LF stamp on the floor in front of RF, LF kick diagonally in front of the RF
- 11&12 LF step back, RF close to LF, LF step forward
- 13, 14 RF step out to the front, LF step out to the front
- 15, 16 RF step back, LF close together with RF

17-24 STEP TOUCH, ½ TURN STEP TOUCH, MAMBO RIGHT, MAMBO LEFT

- 17, 18 RF step forward, LF touch next to RF
- 19, 20 ½ turn (over left shoulder) stepping LF forward, RF touch next to LF
- 21& 22 RF step to the right, recover on LF, RF close together with LF
- 23& 24 LF step to the left, recover on RF, LF close together with RF

25-32 4x HEEL STRUTS

- 25, 26 RF heel touch forward, put weight on RF
- 27, 28 LF heel touch forward, put weight on LF
- 29, 30 RF heel touch forward, put weight on RF
- 31, 32 LF heel touch forward, put weight on LF

Restarts: On the 4th wall after 4 counts and on the 5th wall after 16 counts start the dance from the top!