STEPPIN'OFF



THEPage



Approved by:



Nightshift

4 WALL – 64 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1 1 – 2 3 & 4 Option 5 – 6 7 & 8	Forward Rock, Triple Full Turn, Cross, Side, Sailor 1/4 Step Rock forward on right. Recover onto left. Triple full turn right on the spot, stepping - right, left, right. Replace full turn with coaster step as an easier option. Cross left over right. Step right to right side. Cross left behind right. Turn 1/4 left stepping onto right. Step left forward. (9:00)	Forward Rock Triple Full Turn Cross Side Sailor Quarter Turn	On the spot Turning right Right Turning left
Section 2 & 1 – 2 3 & 4 5 – 6 & 7 – 8	& Walk Walk, Forward Mambo, Back, Drag, & Walk Walk Step right beside left. Walk forward left. Walk forward right. Rock forward on left. Rock back on right. Step left slightly back. Step right long step back. Drag left towards right. Step onto left. Walk forward right. Walk forward left.	& Walk Walk Mambo Forward Back Drag & Walk Walk	Forward On the spot Back Forward
Section 3 1 - 2 3 - 4 5 - 6 7 & 8 Styling	Forward Rock, 1/4 Touch, 1/4 Turn, Touch, 1/4 Turn, Sailor Step Rock right forward. Recover onto left. Turn 1/4 right and touch right beside left. Turn 1/4 right stepping right forward. Touch left beside right. Turn 1/4 right stepping left to left side. (6:00) Cross right behind left. Step left to left side. Step right to place. Dance counts 3 - 6 with hip bumps and a little attitude	Forward Rock Turn Turn Touch Turn Sailor Step	On the spot Turning right On the spot
Section 4 1 - 2 3 & 4 5 - 6 7 & 8	Step, Touch, Forward Shuffle (x 2) (Moving forward) Step left to left diagonal. Touch right beside left. Step right to right diagonal. Close left beside right. Step right to right diagonal. (Moving forward) Step left to left diagonal. Touch right beside left. Step right to right diagonal. Close left beside right. Step right to right diagonal.	Step Touch Right Shuffle Step Touch Right Shuffle	Forward
Section 5 1 – 2 3 & 4 Option 5 – 6 7 & 8	Forward Rock, Triple Full Turn, Cross, 1/4, Chasse 1/4 Rock left forward. Recover onto right. Triple full turn left on the spot, stepping - left, right, left. Replace full turn with coaster step as an easier option. Cross right over left. Turn 1/4 right stepping left back. (9:00) Chasse 1/4 turn right, stepping - right, left, right. (12:00)	Forward Rock Triple Full Turn Cross Turn Chasse Quarter Turn	On the spot Turning left Turning right
Section 6 & 1 2 - 4 5 - 8 Restart	& Side, Jazz Box, Hip Bumps x 4 Step left beside right. Step right to right side. Cross left over right. Step right back. Step left to left side. Bump hips - right, left, right, left. Wall 3 (facing 6:00) and Wall 6 (facing 12:00) Restart dance again.	& Side Jazz Box Hip Bumps	Right On the spot
Section 7 1 - 2 3 & 4 5 & 6 7 - 8	Forward Rock, Shuffle Back, Shuffle 1/2, Step, Pivot 1/4 Rock forward on right. Recover onto left. Step right back. Close left beside right. Step right back. Shuffle step 1/2 turn left, stepping - left, right, left. Step right forward. Pivot 1/4 turn left transferring weight onto left. (3:00)	Forward Rock Shuffle Back Shuffle Half Step Turn	On the spot Back Turning left
Section 8 1 - 2 3 & 4 5 - 6 7 & 8	Cross, Side, Sailor Step (x 2) Cross right over left. Step left to left side. Cross right behind left. Step left to left side. Step right to place. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Step left to place.	Cross Side Sailor Step Cross Side Sailor Step	Left On the spot Right On the spot
Ending	(Optional) Add forward rock on right, recover, triple full turn right.		

Choreographed by: Kath Dickens (UK) August 2010

Choreographed to: 'Nightshift' by Dr Victor (122 bpm) from CD New Flame;

also available as download from amazon.co.uk or iTunes (start 32 counts from heavy beat, on vocals .. "Marvin")

Restarts: Restart after count 48 (end of section 6) during Walls 3 and 6



A video clip of this dance is available at www.linedancermagazine.com