



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 6th wall after 16 counts start the dance from the top!