

Dance!

LineLineLineLineLineLineLineLine

MIDNIGHT HOUR

Choreographers: Judy McDonald; Guyton Mundy; Will Craig

Music: Midnight Hour
Talib Kweli & HiTek (feat. Estelle)
(available on iTunes)

This is a phrased, "ABC" dance (with 4 parts). Start with the music after the spoken introduction (start on the word "I'm"). Each section of this dance has a different feel from the other, based on the music...so it's easier than you might think! ☺ The sequence is ABBCD, BBBCD, ABCD, BCDD, B-(see "Big Finish"). As usual....trust me, it works! ☺

Part A..... *...the verse (woman is singing)*

1&2 3 4 **R triple side, L rock back, L kick ball change x 2**
5&6 7&8 Step R to side (1), step L beside right (&), step R to side (2), step back on ball of L (3), recover R (4), kick L forward (5), step L back (&), step R in place (6), kick L forward (7), step L back (&), step R in place (8)

1&2 3 4 **L triple side, R rock back, R kick ball change x 2**
5&6 7&8 Step L to side (1), step R beside left (&), step L to side (2), step back on ball of R (3), step L in place (4), kick R forward (5), step R back (&), step L in place (6), kick R forward (7), step R back (&), kick L in place (8)

1&2 3 4 **R triple forward, L rock forward, L triple back, R triple back (optional full turn)**
5&6 7&8 Step R forward (1), step L together (&), step R forward (2), step L forward (3), recover R (4), step L back (5), step R beside left (&), step L back (6), step R back (7), step L beside right (&), step R back (8)...*you can make an optional full turn left on the back triples*

1 2 3 4 **Walk back L, R, L, R, L step side, hip roll**
5 6 7 8 Step back L (1), step back R (2), step back L (3), step back R (4), step L to side (5), roll hips (6,7,8)...*end with weight on left; optional shimmy on the back walks*

1 2 3 4 **R box with brush, L box with brush**
5 6 7 8 Step R across left (1), step L back (2), step R to side (3) brush L forward (4), step L across right (5), step R back (6), step L to side (7), brush R forward (8)

1 2 3 4 **Walk forward R, L (optional full turn touch steps), R, L, R, L**
5 6 7 8 Step R forward (1,2), step L forward (3,4), step R forward (5), step L forward (6), step R forward (7), step L forward (8)...*you can do an optional full turn left by doing two touch steps on the first 4 counts*

1 2 3 4 **R side, L together, R side, L touch, L side, R together, L side, R touch**
5 6 7 8 Step R to side (1), step L beside right (2), step R to side (3), touch L beside right (4), step L to side (5), step R beside left (6), step L to side (7), touch R beside left (8)

1 2 3 4 **Hip roll making ½ turn left**
5 6 7 8 Roll hips while making a ½ turn left (1-8)...*slow & sexy...take your time!*

Part B..... *...the rap part!*

1&2&3&4& **R kick step, L lock step, L kick step, R lock step**
Kick R forward (1), step R forward (&), step L behind right (2), step R in place (&), kick L forward (3), step L forward (&), step R behind left (4), step L in place (&)

5&6 7&8 **Shorty George, R step side**
Kick R diagonal (5), step R forward (&), step L forward (6), step R forward (7), step L forward (&), step R to side (8)...*these steps are small with knees together and bent*

.../2



(Midnight Hour cont'd)

- 1&2&3&4 **Hand work**
Lift arms to shoulder height, bent at elbows with palms down with left on top of right (1), lift L palm up at wrist (&), lift R palm up at wrist (2)...*palms are now facing each other*, replace L palm to facing down position (&), place R palm on top of left (3), straighten arms out in front of you with palms down (&) pull arms in at sides making fists with palms facing up (4)
- 5 6 7 8 **Turn head L, turn upper body L, turn lower body L, step R forward**
Turn head L (5), turn upper body L (6), turn lower body L bending knees (7), step R forward (8)
- 1&2&3&4& **L kick forward & step, R kick forward & step, L kick side & step, R kick side & step**
Kick L forward (1), step L beside right (&), kick R forward (2), step R beside left (&), kick L to side (3), step L beside right (&), kick R to side (4), step R beside left (&)
- 5 6 7 8 **L step side, R together, L step side, R touch**
Large step L to side (5), step R beside left (6), large step L to side (7), touch R beside left (8)
- 1&2 3&4 **R triple back, L triple back ¼ turn**
Step R back (1), step L beside right (&), step R back (2), step L back (3), step R beside left (&), step L back making ¼ turn left (4)...*feet will be apart*
- 5&6&7 8 **Slap hips front and back, sway hips R, L**
Slap R fist on front of right hip (5), slap L fist on front of left hip (&), slap R hand on back of right hip (6), slap L hand on back of left hip (&), sway hips R (7), sway hips L (8)...*weight is on left*

Part C.....**...the "oooooh" part!**

- 1 2 3 4 **R rock forward & sweep step, L mambo side & touch, R mambo side & touch, L&R step touch**
Step R forward (1), recover L (2), sweep R to back (3), step R behind right (4), step L to side (5), step R in place (6), step L beside right (7), touch R beside left (8), step R to side (1), step L in place (2), step R beside left (3), touch L beside right (4), step L beside right (5), touch R beside left (6), step R beside left (7), touch L beside right (8)
- 1 2 3 4 **L rock forward & sweep step, R mambo side & touch, L mambo side & touch, R&L step touch**
Step L forward (1), recover R (2), sweep L to back (3), step L behind right (4), step R to side (5), step L in place (6), step R beside left (7), touch L beside right (8), step L to side (1), step R in place (2), step L beside right (3), touch R beside left (4), step R beside left (5), touch L beside right (6), step L beside right (7), touch R beside left (8)

Part D.....**...the part that's left!**

- 1 2&3&4 **R step side, shoulder isolation, hold, head flick, chug L x 4**
Step R to side (1), push shoulders forward (2), pull shoulders back (&), hold (3) bend head to left as if trying to touch ear to shoulder (&), raise head (4), rotate ¼ turn L on left foot while sliding R foot on floor with each count (5,6,7,8)
- 1 2&3&4 **Repeat above 8 counts**
5 6 7 8 (this time your feet are already apart so just do an extra chug on count 1 then continue)

BIG FINISH!*(Listed as B- in the sequence) The dance will end 4 counts before the end of Part B. You will do the two triples back and when you make the ¼ turn left (on count 4), just stop moving...strike a pose!***Contact Info**

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