

# Start To Sway (輕盈起舞) (zh)

COPPER KNOB  
BY STEPHEN METZ

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Sandra Le Brocq

Musik: Sway - The Pussycat Dolls : (Shall We Dance Soundtrack - Cha / Rumba)



## 第一段 LEFT MAMBO, HOLD, RIGHT MAMBO, HOLD 左曼波, 候, 右曼波, 候

- 1-4 Rock left to side, recover on right, step left together, hold  
左足左下沉, 右足回復, 左足併踏, 候(拍手)
- 5-8 Rock right to side, recover on left, step right together, hold  
右足右下沉, 左足回復, 右足併踏, 候(拍手)  
Optional claps on the holds counts 4 & 8

## 第二段 LEFT TOE STRUT, RIGHT TOE STRUT, LEFT ROCKING CHAIR 左趾踵, 右趾踵, 左搖椅

- 1-4 Step left toe forward, drop left heel, step right toe forward, drop right heel 左足趾前點, 左足踵踏,  
右足趾前點, 右足踵踏
- 5-8 Rock left forward, recover onto right, rock left back, recover onto right 左足前下沉, 右足回復, 左  
足後下沉, 右足回復 (搖椅步)

## 第三段 GRAPEVINE LEFT, TOUCH, GRAPEVINE RIGHT, TOUCH 左華倫, 點, 右華倫, 點

- 1-4 Step left to side, cross right behind left, step left to side, touch right together 左足左踏, 右足於左  
足後踏, 左足左踏, 右足併點(彈指)
- 5-8 Step right to side, cross left behind right, step right to side, touch left together 右足右踏, 左足於右  
足後踏, 右足右踏, 左足併點(彈指)  
Optional click of fingers on touches counts 4 & 8

## 第四段 SHUFFLE LEFT, ROCK STEP, ¼ MONTEREY TURN RIGHT 左交換, 下沉踏, 蒙特瑞右轉1/4

- 1&2 Step left to side, step right together, step left to side  
左足左踏, 右足併踏, 左足左踏
- 3-4 Cross/rock right behind left, recover onto left  
右足於左足後交叉下沉, 左足回復
- 5-8 Touch right to side, hold, turn ¼ right and step right together, hold 右足右點, 候, 右轉90度右足併踏,  
候