

Southern Swingin' (五彩繽紛) (zh)

COPPER KNOB
STEPPERS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: 未知

Musik: Swingin' - John Anderson



第一段 HEEL AND TOE TOUCHES 踵 & 趾點

- 1 Touch Right heel forward 45° to Right 右足踵右45度前點
- 2 Touch Right beside Left 右足趾併點
- 3 Touch Right toe back 45° to Right 右足趾右45度後點
- 4 Step Right beside Left 右足併踏
- 5 Touch Left heel forward 45° to Left 左足踵左45度前點
- 6 Touch Left beside Right 左足趾併點
- 7 Touch Left toe back 45° to Left 左足趾左45度後點
- 8 Touch Left beside Right 左足趾併點

第二段 LEFT VINE, RIGHT VINE 左華倫步, 右華倫步

- 1 Step Left to Left side 左足左踏
- 2 Step Right behind Left 右足於左足後踏
- 3 Step Left to Left side 左足左踏
- 4 Touch Right beside Left 右足併點
- 5 Step Right to Right side 右足右踏
- 6 Step Left behind Right 左足於右足後踏
- 7 Step Right to Right side 右足右踏
- 8 Touch Left beside Right 左足併點

第三段 STEP SLIDES 滑步

- 1 Step forward Left 45° to Left 左足左45度前踏
- 2 Slide Right beside Left 右足滑併踏
- 3 Step forward Left 45° to Left 左足左45度前踏
- 4 Touch Right beside Left 右足併點
- 5 Step forward Right 45° to Right 右足右45度前踏
- 6 Slide Left beside Right 左足滑併踏
- 7 Step forward Right 45° to Right 右足右45度前踏
- 8 Touch Left beside Right 左足併點

第四段 LEFT VINE, SWING 左華倫步, 搖擺

- 1 Step Left to Left side 左足左踏
- 2 Step Right behind Left 右足於左足後踏
- 3 Step Left to Left side turning 1/4 Left 左轉1/4左足左踏
- 4 Step Right beside Left 右足併踏
- 5 Swing hips Right 右擺臀
- 6 Swing hips Left 左擺臀
- 7 Swing hips Right 右擺臀

