

Sway (搖擺) (zh)

COPPER KNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Nina Chen (TW) - 2019年03月

Musik: Sway - Barbados



Intro: 40 counts - No Tag ! No Restart !!

Sec1: CROSS ROCK - RECOVER, HIPS BOMP (x2)

- 1-2, 3&4 Rock RF over LF - Recover on LF, Step RF to R while bomp hips to R side twice
5-6, 7&8 Rock LF over RF - Recover on RF, Step LF to L while bomp hips to L side twice
1-2, 3&4 右足前跨下沉 - 重心回左足, 右足右踏同時向右推臀兩次
5-6, 7&8 左足前跨下沉 - 重心回右足, 左足左踏同時向左推臀兩次

Sec2: FWD - PIVOT 1/2 L, BACK SHUFFLE 1/2 L, BACK ROCK - RECOVER, 1/4 R CHASSE L

- 1-2, 3&4 Step RF fwd - Pivot 1/2 turn L (6:00) weight on LF, Back shuffle (R L R) 1/2 turn L (12:00)
5-6, 7&8 Rock LF back - Recover on RF, 1/4 turn R (3:00) Step LF to L - Step RF beside LF - Step LF to L
1-2, 3&4 右足前踏 - 向左踏轉1/2 (6:00) 重心回左足, 後交換步 (右 左 右) 向左轉 1/2 (12:00)
5-6, 7&8 左足後下沉 - 重心回右足, 右轉 1/4 (3:00) 左足左踏 - 右足併踏左足旁 - 左足左踏

Sec3: FWD - LOCK, FWD SHUFFLE, FWD ROCK - RECOVER, 1/4 L COASTER STEP

- 1-2, 3&4 Step RF fwd - Step LF behind RF, Fwd shuffle (R L R)
5-6, 7&8 Rock LF fwd - Recover on RF, 1/4 turn L (12:00) step LF back - Step RF beside LF - Step LF fwd
1-2, 3&4 右足前踏 - 左足鎖於右足後, 前交換步 (右 左 右)
5-6, 7&8 左足前下沉 - 重心回右足, 左轉 1/4 (12:00) 左足後踏 - 右足併踏左足旁 - 左足前踏

Sec4: Sway, FWD - PIVOT 1/8 L. (x2)

- 1-4 Step RF to R while sway hips (R L R L)
5-8 Step RF fwd - Pivot 1/8 turn L (10:30) weight on LF - Step RF fwd - Pivot 1/8 turn L (9:00) weight on LF
1-4 右足右踏同時搖臀 (右 左 右 左)
5-8 右足前踏 - 向左踏轉1/8 (10:30) 重心回左足 - 右足前踏 - 向左踏轉1/8 (9:30) 重心回左足

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com