

Sinatra Swing

Compte: 32

Mur: 4

Niveau: Improver straight rhythm



Chorégraphe: Sho Botham (UK)

Musique: I've Got You Under My Skin - Michael Bolton

WALKS RIGHT, LEFT AND PRESSURE SWAYS

- 1-4 Two walks right left towards right corner
- 5-6-7 Three pressure sways right-left-right towards right corner (rocking diagonally forward onto right, rock diagonally back onto left and repeat rock forward onto right)
- 8 Hold - but let the natural movement of the last sway continue to maintain the flow of the dance

To dance pressure sways, stand with feet apart (in this dance right forward to right corner, left back to left back corner) sway weight from foot to foot maintaining some pressure/weight on both feet throughout

STEP LEFT ½ TURN PIVOT RIGHT, STEP LEFT ACROSS, SIDE STEPS INTO LUNGE ON RIGHT

- 9-12 Step left forward to right corner, ½ turn pivot (amount of turn actually 3/8), step left across front to right, hold
- 13-16 Step right to right side, close left to right, step right to right in lunge, hold

CROSS STEP STEP COMBINATION WITH ¼ TURN RIGHT, 2 WALKS FORWARD LEFT, RIGHT

- 17 Step left across front of right
- 18 Step right to right
- 19 Step in place left
- 20 Step right across front of left
- 21 Step left to left making ¼ turn to right
- 22 Step in place right
- 23-24 Two walks forward left, right

ROCK LEFT ACROSS RIGHT, TOUCH RIGHT BEHIND, STEP IN PLACE RIGHT WITH ¼ TURN LEFT, STEP FORWARD LEFT, ROCK FORWARD RIGHT, COASTER LEFT-RIGHT-LEFT

- 25-26 Rock left across front of right, touch right crossed behind left
- 27-28 Step right in place with ¼ turn left, step forward left with ¼ turn left
- 29 Rock forward onto right
- 30-31-32 Coaster - stepping back left, back right closing feet together, step forward left

REPEAT

Styling: think Fred and Ginger and American Smooth. Let the body and arms flow with the steps and use a lunge action to create long leg lines in cross step step combination in Section 3