Swiss Park



Compte: 64 Mur: 2 Niveau: Advanced Beginner - Two-Step

Chorégraphe: Henry Costa (USA) - January 2013

Musique: If I Ever Get to Saginaw Again - The Monkees : (CD: Missing Links Volume 2)



FORWARD (SLOW), HOLD, FORWARD (SLOW), HOLD, FORWARD (QUICK) 1/4 TURN LEFT (QUICK) CROSS RIGHT IN FRONT OF LEFT (SLOW), HOLD

1-4 Forward Right, Hold, Forward Left, Hold

5-8 Forward Right, ¼ Left with left foot, Cross Right in Front of Left, Hold (weight on right)

BACK 1/4 TURN RIGHT (SLOW), HOLD, 1/4 TURN RIGHT (SLOW), HOLD, LEFT NEXT TO RIGHT (QUICK), 1/4 TURN RIGHT (QUICK), LEFT NEXT TO RIGHT (SLOW), HOLD

1-4 ¼ turn right, stepping back with left, Hold, ¼ turn right turning with right, Hold 5-8 Left next to right, ¼ turn right with right, left next to right, Hold (weight on left)

SIDE (SLOW), HOLD, TOGETHER(SLOW), HOLD, BACK RIGHT(QUICK) BACK LEFT(QUICK) BACK RIGHT(SLOW), HOLD

1-4 Side right, Hold, Left next to right, Hold

5-8 Back Right, back Left, Back right, Hold (weight on right)

SIDE (SLOW), HOLD, TOGETHER (SLOW), HOLD, FORWARD LEFT (QUICK) FORWARD RIGHT(QUICK) FORWARD LEFT(SLOW), HOLD

1-4 Side Left, Hold, right next to left, Hold

5-8 forward left, forward right, forward left, Hold (weight on left)

CROSS RIGHT (SLOW), HOLD, BACK WITH LEFT (SLOW), HOLD, ¼ TURN RIGHT (QUICK), FORWARD LEFT (QUICK), POINT SIDE RIGHT WITH RIGHT (SLOW), HOLD

1-4 Cross right in front of left, Hold, step back with left, Hold

5-8 1/4 Turn right with right, Forward Left, Point side right with right (weight on left), Hold

CROSS RIGHT (SLOW), HOLD, BACK WITH LEFT (SLOW), HOLD, ¼ TURN RIGHT (QUICK), FORWARD LEFT (QUICK), POINT SIDE RIGHT WITH RIGHT (SLOW), HOLD

1-5 Cross right in front of left, Hold, step back with left, Hold

5-8 1/4 Turn right with right, Forward Left, Point side right with right (weight on left), Hold

DROP WEIGHT ON RIGHT (SLOW), HOLD, RECOVER LEFT(SLOW), HOLD, (Triple half turn right) CROSS BEHIND (QUICK) SIDE LEFT(QUICK) CROSS IN FRONT (SLOW), HOLD

1-4 Drop weight down on right from toe touch, Hold, Recover back on Left, Hold

5-8 Cross right behind left, step side left, cross right in front of left, Hold (weight on right)

SIDE LEFT (SLOW), HOLD, RECOVER RIGHT (SLOW), HOLD, [LEFT ½ SAILOR STEP WITH FORWARD STEP] LEFT BEHIND (QUICK), ½ TURN LEFT(QUICK), SLIGHTLY FORWARD LEFT (QUICK), HOLD

1-4 Step side left, Hold, recover right, Hold

5-8 Cross left behind, ½ turn left stepping down on right, slightly forward left, Hold (weight on

left)

BEGIN AGAIN!

Choreographers note: For teaching/dancing: if the dance is broken down into patterns of 8 beats with "quick" getting 1 beat and "slow" getting 2 beats the two step rhythm breakdown of the dance for each set of 8 would be: (1-8) slow, slow, quick, quick, slow (9-16) slow, slow, quick, quick, slow (17-24) slow, slow, quick, quick, slow (25-32) slow, slow, quick, glow (33-40) slow, slow, quick, quick, slow (41-48) slow, slow, quick, quick, slow (57-64) slow, slow, quick, quick, slow (total 64 cts)

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