

Well Swung

COPPER KNOB
BYEPOSTETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Daniel Whittaker (UK) - October 2016
音乐: In the Mood (feat. Shoowop Shop) - Swing City : (iTunes)



NOTE: There are TWO Restarts during walls 4 (3:00 wall) and wall 9 (9:00 wall)

START: 32 Count intro (aprox 11 seconds)

[1-8] □ Side together forward, side together back, hitch □

1-4 Step right to right side, close left beside right, step right forward, hold □ 12:00
5-8 Step left to left side, close right beside left, step left back, hitch right knee □ 12:00

[9-16] □ Right coaster step, Left shuffle forward □

1-4 Step right foot back, close left to right, step right forward, hold □ 12:00
5-8 Shuffle forward L-R-L, hold □ 12:00

[17-24] □ Kick out right, out left, twist right, twist left □ 12:00

1-4 Kick right forward, step right out to right side, step left to left side, hold (shoulder width apart) □ 12:00
5-8 Twist right heel inwards towards left, return right heel, twist left heel inwards towards right, return left heel □ 12:00

[25-32] □ Cross and heel, cross over unwind ½ turn □

1-4 Cross right over left, step left back left diagonal, touch right heel forward towards right diagonal, hold □ 12:00
5-8 Step right in place, step left over right, unwind ½ turn right, end weight on left □ 06:00

***** RESTART HERE ON WALL 4 facing 3:00 wall and wall 9 facing 9:00 wall ** □**

[33-40] □ Grapevine right, cross rock ¼ turn, hitch □

1-4 Step right to right side, cross left behind right, step right to right side, hold □ 06:00
5-8 Rock left over right, recover weight on right, make ¼ turn left stepping forward left, hitch right □ 03:00

[41-48] □ ½ hitch, ½ hitch, rock recover run back right, left □

1-2 Make ½ turn left stepping back on right, hitch left □ 09:00
3-4 Make ½ turn left stepping forward left, hitch right □ 03:00
5-6 Rock right foot forward, recover weight on left foot □ 03:00
7-8 Run back right, left □ 03:00

OPTIONAL INTRODUCTION (start this 16 counts intro 16 counts into the music, aprox 5 seconds) □

[1-8] □ Jump out, cross over unwind □

&1-2-3-4 Step right out, step left out □ 12:00
&5-6-7-8 Step right in, cross left over right, hold, unwind ½ turn right □ 06:00

[9-16] □ Jump out, cross over unwind □

&1-2-3-4 Step right out, step left out □ 06:00
&5-6-7-8 Step right in, cross left over right, hold, unwind ½ turn right □ 12:00

Note: You will end facing 12:00 wall so you can make your own big finish.... Dah Dahhhhh! Enjoy it and have lots of fun! □

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