

Swinging Down

拍数: 48 墙数: 4 级数: Improver
编舞者: Jenifer Wolf (CAN) - April 2017
音乐: Livin' It Down - Delbert McClinton : (Album: Nothing Personal)



Intro: 16 counts with vocals

(A) FOUR HEEL STRUTS FORWARD

- 1-2 Touch right heel forward, Bring right foot down
- 3-4 Touch left heel forward, Bring left foot down
- 5-6 Touch right heel forward, Bring right foot down
- 7-8 Touch left heel forward, Bring left foot down (shimmy as you strut forward)

(B) □ FOUR STEP TOUCHES BACK ON A DIAGONAL

- 1-2 Step right foot back on a right diagonal, Touch left foot beside right foot
- 3-4 Step left foot back on a left diagonal, Touch right foot beside left foot
- 5-6 Step right foot back on a right diagonal, Touch left foot beside right foot
- 7-8 Step left foot back on a left diagonal, Touch right foot beside left foot (clap on touches)

(C) □ ROCK, REPLACE, HOLD, COASTER, HOLD

- 1-2 Step right foot forward, Step left foot in place
- 3-4 Step right foot back, Hold
- 5-6 Step left foot back, Step right foot beside left foot
- 7-8 Step left foot forward, Hold

(D) TRIPLE TO RIGHT SIDE, ROCK BACK, REPLACE, REPEAT TO LEFT

- 1&2 Step right foot to right side, Step left foot beside right foot, Step right foot to right side
- 3-4 Step left foot back slightly behind right foot, Step right foot in place
- 5&6 Step left foot to left side, Step right foot beside left foot, Step left foot to left side
- 7-8 Step right foot back slightly behind left foot, Step left foot in place

(E) □ TRIPLE TO SIDE, ROCK, REPLACE, TURN ¼ RIGHT & REPEAT TO LEFT

- 1&2 Step right foot to right side, Step left foot beside right foot, Step right foot to right side
- 3-4 Step left foot back slightly behind right foot, Step right foot in place
- 5&6 Turn ¼ right left foot to left side, Step right foot beside left foot, Step left foot to left side
- 7-8 Step right foot back slightly behind left foot, Step left foot in place

(F) □ SWIVEL HEELS, RIGHT, LEFT, RIGHT, HOLD, LEFT, RIGHT, CENTRE, HOLD

- 1-2 Swivel both heels to right, Swivel both heels to left
- 3-4 Swivel both heels to right, Hold and clap
- 5-6 Swivel both heels to left, Swivel both heels to right
- 7-8 Swivel both heels to centre, Hold and clap (shift weight onto left foot)

Begin again, enjoy!

*Sequence as follows: This is easy, watch the YouTube video.

*48 / 12:00 - 48 / 3:00 - 32 / 6:00 - 32 / 6:00 - 48 / 6:00 - 48 / 9:00 - 32 / 12:00 - 32 / 12:00 - 23 / 12:00 o'clock wall

~2 walls at 48 counts, 2 walls at 32 counts you will be facing 6:00 o'clock wall

~2 walls at 48 counts, 2 walls at 32 counts you will be facing 12:00 o'clock wall, 23 counts left

End: Paragraph C, on count 7 stomp left foot forward facing 12:00 o'clock wall

-- Creston Line Dance Festival April 2017

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