

Swingin' & Stompin'

拍数: 32 墙数: 4 级数: Beginner
编舞者: DEE DEE Dougherty (USA) - April 2018
音乐: Amazing Grace - Charlie Rich
或: The Right to Remain Silent - Doug Stone
或: Tell Me Ma - Sham Rock
或: Toss the Feathers - The Corrs



Alt. music: -

The Right To Remain Silent by Doug Stone; (Irish flavor;)

Tell Me Ma by Sham Rock;

Toss the Feathers by The Corrs (X-Mas;)

Swingin' Home For Christmas by Allen Jackson

STOMP, KICK & TRIPLES (R & L)

1- 2 Stomp right in place (no weight), Kick right out to the side
3&4 Triple in place stepping right, left, right
5- 6 Stomp left in place (no weight), Kick left out to the side
7&8 Triple in place stepping left, right, left

VINE/or SLIDE with TRIPLES (R & L) with LEFT 1/4 TURN

1- 2 Step right to side, Step left together /or Cross left behind right
3&4 Triple in place stepping right, left, right
5-6 Step left to side, Step right together /or cross right behind left
7&8 Triple in place Turning ¼ left, stepping left, right, left

ROCK, RECOVER and TRIPLES (R & L) with 1/2 TURNS or (No Turn)

1- 2 Rock step forward right, recover weight to left
3&4 Triple R-L-R Turning ½ right /or Triple in place (No Turn)
5- 6 Rock step forward left, recover weight back to right
7&8 Triple L-R-L Turning ½ turn left/or Triple in place (No Turn)

POINT, FORWARD & SIDE and TRIPLES (R & L)

1- 2 Point/Touch right toe forward, Point/Touch right out to the side
3&4 Triple in place /stepping right, left, right
5- 6 Point/Touch left toe forward, Point/Touch left out to the side
7&8 Triple in place/stepping left, right, left

REPEAT

* Step sheet compliments of DANCE WITH DEE DEE.*