

Sway

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Nina Chen (TW) - March 2019
音乐: Sway - Barbados



Intro: 40 counts - No Tag ! No Restart !!

Sec1: CROSS ROCK - RECOVER, HIPS BOMP (x2)

1-2, 3&4 Rock RF over LF - Recover on LF, Step RF to R while bomp hips to R side twice
5-6, 7&8 Rock LF over RF - Recover on RF, Step LF to L while bomp hips to L side twice

Sec2: FWD - PIVOT 1/2 L, BACK SHUFFLE 1/2 L, BACK ROCK - RECOVER, 1/4 R CHASSE L

1-2, 3&4 Step RF fwd - Pivot 1/2 turn L (6:00) weight on LF, Back shuffle (R L R) 1/2 turn L (12:00)
5-6, 7&8 Rock LF back - Recover on RF, 1/4 turn R (3:00) Step LF to L - Step RF beside LF - Step LF to L

Sec3: FWD - LOCK, FWD SHUFFLE, FWD ROCK - RECOVER, 1/4 L COASTER STEP

1-2, 3&4 Step RF fwd - Step LF behind RF, Fwd shuffle (R L R)
5-6, 7&8 Rock LF fwd - Recover on RF, 1/4 turn L (12:00) step LF back - Step RF beside LF - Step LF fwd

Sec4: Sway, FWD - PIVOT 1/8 L. (x2)

1-4 Step RF to R while sway hips (R L R L)
5-8 Step RF fwd - Pivot 1/8 turn L (10:30) weight on LF - Step RF fwd - Pivot 1/8 turn L (9:00) weight on LF

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com
