

Swing Low

拍数: 32 墙数: 4 级数: Beginner
编舞者: Nathalie LATERRIERE (FR) - May 2019
音乐: Swing Low, Sweet Chariot - Josh Turner : (Album: I Serve A Saviour)



Start the dance after 16 counts

STOMP UP , KICK , SAILOR STEP , BALL STEP , STEP DIAGONAL FORWARD , KICK , SAILOR 3/8 T LEFT

1-2 Stomp up RF next to LF , Kick RF forward
3&4 Step RF behind LF , LF to L , RF to R
&5-6 Step ball of LF next to RF , step RF forward in the R diagonal (1:30), KICK LF forward
7&8 Step LF behind RF with 1/8 turn L, RF to R with ¼ turn L, Step LF to L (9:00)
Option : Replace SAILOR 3/8 turn L by FORWARD MAMBO 3/8 turn L
7&8 Step LF forward , recover back on RF with 1/8 T left, ¼ turn left LF to L

CROSS, SIDE, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

1-2 Step RF across LF, step LF to L
3&4 Step RF behind LF, step LF to L , step RF across LF
5-6 Rock LF to L, recover on RF
7&8 Step LF behind RF, step RF to R, step LF across RF

STEP FWD,TOE TAP ,HEEL JACK , HOOK, TRIPLE FORWARD, POINT LEFT & RIGHT

1-2 Step RF forward, Tap L toe behind RF
&3-4 Small jump back on LF, R heel forward , Hook RF across L shin (touch the brim of your hat)
5&6 Step RF forward , LF next to RF, step RF forward
7&8 Point LF to L side , step LF together with RF, Point RF to R side

STEP FORWARD ,1/2 T LEFT, TRIPLE FORWARD, HEEL SWITCHES ,HEEL DIG & CLAP

1-2 Step RF forward , ½ turn left LF forward (3 :00)
3&4 Step RF forward, LF next to RF, RF forward
5&6 Left heel forward , Step LF together with RF , Right heel forward
&7&8 Step RF together with LF , L heel forward, step LF together with RF, DIG R heel forward with a CLAP

(last update June 2019)

Last Site Update – 23 July 2019