

Swango

拍数: 112 墙数: 1 级数: Phrased High Intermediate
编舞者: Sabine Stalder & Alice Berini (CH) - September 2019
音乐: The St. Louis Blues - Hugh Laurie : (iTunes)



Sequence: ABABBA, -- A: 64 counts, B: 48 counts

Count In: 8 counts from where you here the drumsticks. Then start your intro

INTRO: 24 counts

i1: Claps & Snap

- 1 & 2 Touch L forward with a bend knee, clap L hip with R hand, clap L hip with L hand, clap L hip with R hand 12:00
- 3 & 4 Clap your hands together twice, snap your fingers 12:00
- 5 - 8 Repeat the 4 counts from above 12:00

i2: Touch R Side, Hold, Together, Touch Back, Hold

- 1 - 4 Touch R to right side, hold for 3 counts 12:00
- & 5 - 8 Step R beside L, touch L back, hold for 3 counts (as you touch back, bend R knee and lean forward with upper body, arms straight down on your sides) 12:00

i3: Step L Beside R, Touch R, Hold, Full Monterey Turn, Touch L

- & 1 - 4 Step L beside R, touch R to right side, hold, full monterey turn, touch L to left side 12:00
- 5 - 8 Press L forward, hold for 3 counts, arms come up and in front, face your palms, let arms down slowly to your sides 12:00

PART A: 64 COUNTS

A1: Forward, Hold, Side, Back, Lock, Flick, Touch And Hook 2x

- 1 - 2 Step L forward, hold 12:00
- 3 - 4 Step R to right side, step L beside R 12:00
- & 5 - 6 Step R back, lock L in front of R, flick R back 12:00
- 7 & 8 & Touch R forward, hook R over left shin, touch R forward, hook R over L shin 12:00

A2: Turning Weave In A Circle, Weave To Left

- 1 - 2 Step R ¼ turn right and in front of L, hold 03:00
- 3 - 4 Step L ½ turn right to side, hold 09:00
- 5 - 6 Step R ¼ turn right and behind of L, hold 12:00
- & 7 & 8 Step L beside R, cross R over L, step L to left side, cross R behind L 12:00

A3: Hitch And Step Behind x2, Sweep And Get Down, Sweep And Get Up

- 1 - 2 Hitch L, step L behind R 12:00
- 3 - 4 Hitch R, step R behind L 12:00
- 5 - 6 Sweep L from front to back as you bend your knee and go down, twist upper body to right 12:00
- 7 - 8 Sweep L from back to front as you stand up straight, twist upper body to left 12:00

A4: Spiral Turn, Kick & Hook, Cross, Lounge

- 1 - 2 Step L in front of R, spiral turn right (weight on L) 12:00
- & 3 Kick R forward, hook R over L shin 12:00
- & 4 Step R beside L, cross L over R 12:00
- 5 - 8 Bend L knee and go down, as R toe slides further away (2 counts) come back up and straighten your knee, as your R toe slides towards L (2 counts) 12:00

A5: Cross, hold x2, Cross walks x2, ½ turn right, ½ turn left

- 1 - 2 Cross R over L, hold 12:00
- 3 - 4 Cross L over R, hold 12:00
- 5 - 6 Cross R over L, cross L over R 12:00
- 7 - 8 Turn ½ turn right (weight ends R), turn ½ turn left (weight ends R) 12:00

A6: Coaster Step, Kick, Hook, Kick Flick

- 1 - 4 Step L back, hold, step R beside L, step L forward 12:00
- 5 & 6 Kick R forward, hook R over L shin, kick R forward 12:00
- 7 & 8 Hold, flick R back, kick R forward 12:00

A7: Step ¼ Turn, Hold, Side, Together, Back, Flick, Step ½ Turn, ¼ Turn Sweep

- & 1 - 2 Step R beside L, ¼ turn left step L forward, hold 09:00
- 3 - 4 Step R to right side, step L beside R 09:00
- & 5 - 6 Step R back, lock L over R, flick R back 09:00
- 7 & 8 Step R forward, ½ turn left (weight on L) ¼ turn left sweeping R from back to front 12:00

A8: Lounge, Cross, Back, Side, Together

- & 1 - 4 Cross R over L, bend right knee and go down as your L toe slides further away, slowly come back up as L toe slides towards R 12:00
- 5 - 6 Cross L over F, step R back 12:00
- 7 - 8 Step L to left side, step R beside L 12:00

PART B: 48 COUNTS

B1: Walk x2, ½ Turn Coaster Step, ½ Turn, Step Back With Sweep 2x, Coaster Step

- 1 - 2 Walk R, walk L 12:00
- & 3 - 4 ½ turn left step back on R, step L beside R, step R forward 06:00
- & 5 - 6 ½ turn right on ball of R, step back on L and sweep R from front to back, step back R and sweep L from front to back 12:00
- 7 & 8 Step L back, step R beside L, step L forward 12:00

B2: Step Touch 2x, Syncopated Step Touches 3x, Knee Pop

- 1 - 2 Step R to right side, cross touch L over R 12:00
- 3 - 4 Step L to left side, cross touch R over L 12:00
- & 5 & 6 Step R to right side, cross touch L over R, step L to left side, cross touch R over L 12:00
- & 7 & 8 Step R to right side, cross touch L over R, pop knees forward, straighten knees 12:00

B3: Toe Strut, Crossing Toe Strut, Walks x4 In Circle

- 1 - 2 Step R toe to right side, drop R heel to floor 12:00
- 3 - 4 Cross L toe over R, drop L heel to floor 12:00
- 5 - 8 ¼ turn step R forward, ¼ turn step L forward, ¼ turn step R forward, ¼ turn step L forward 12:00

B4: Rock Step, ¾ Turn With Sweep, Syncopated Weave, Rock Step

- 1 - 2 Rock back R and open upper body ¼ to right, recover L bring upper body back to center 12:00
- 3 - 4 ¾ turn left on ball of L sweeping R from back to front 03:00
- 5 & 6 & 7 Cross R over L, step L to left side, cross R behind L, step L to left side, cross R over L 03:00
- & 8 Rock L to left side, recover R 03:00

B5: ¾ Turn, Touch, Out, Out, In, Cross, Side, Behind

- 1 - 2 Cross L over R, ¼ turn left step back on R 12:00
- 3 - 4 ½ turn left step forward on L, touch R beside L 06:00
- & 5 Step R forward and to side, step L forward and to side 06:00
- & 6 Step R back to center, cross L over R 06:00
- 7 - 8 Step R to right side, touch L behind R 06:00

B6: Unwind ½ turn, Triple Turns 2x, Heel Jack

1 - 2 Slowly unwind a ½ turn to left (weight ends on L) 12:00

3 & 4 ½ triple turn left stepping R, L, R 06:00

5 & 6 ½ triple turn left stepping L, R, L 12:00

& 7 & 8 Step R back, touch L heel diagonally forward, step L in place, step R beside L

(on count 8 you doing a step when part A is coming up and you touch when you're doing Part B) 12:00

Contact: www.break-ranks.ch - step-out@break-ranks.ch
