## Swing It Now ！

拍数： 60
壇数： 4
级数：Phrased Easy Novice
编舞者：Flo Garnier（FR）－September 2015
音乐：Swing－Trace Adkins


Introduction ： 48 temps
Structure ：AAB－AB－AAAA－BAA
A PART
［1－8］：shuffle FW R \＆L，walk R，scuff L $1 / 2$ turn R，shuffle FW L
1\＆2 RF ahead，LF beside RF，RF ahead
3\＆4 LF ahead，RF beside LF，LF ahead
5－6 RF ahead，LF brush the floor and $1 / 2$ turn to the R
7\＆8 LF ahead，RF beside LF，LF ahead
［9－16］：stomp FW R，swivel L（heel，toes，heel），stomp FW L，swivel R（heel，toes，heel）
$9 \quad R F$ stomp on the ground diagonally forward $R$
10－11－12 Move $L$ heel，$L$ toes，$L$ heel to the $R$
$13 \quad \mathrm{LF}$ stomp on the ground diagonally forward L
14－15－16 Move $R$ heel，$R$ toes，$R$ heel to the $L$
［17－24］：side rock step $R$ ，behind side cross $L$ ，side rock step $L$ ，behind side cross $R 1 / 4$ turn $R$
17－18 $\quad R F$ to the $R$ ，return $B W$ on $L F$
19\＆20 RF cross behind LF，LF to the L，RF cross over LF
21－22 LF to the $L$ ，return BW on RF
23\＆24 LF cross behind RF，RF to the $R$ with $1 / 4$ turn to the $R$ ，LF ahead
［25－32］：step turn $1 / 2$ L，triple step R $1 / 2$ turn $L$ ，coaster step L BW，kick ball step R FW
25－26 $\quad R F$ ahead， $1 / 2$ turn to the $L$
27\＆28 RF ahead， $1 / 4$ turn to the $L$ with $L F$ beside $R F, 1 / 4$ turn to the $L$ with $R F$ behind
29\＆30 LF behind，RF beside LF，LF ahead
31\＆32 RF kick ahead，RF beside LF，LF ahead

## B PART

［1－8］：chassé $R$ ，cross rock step $L$ ，chassé L $1 / 4$ turn $L$ ，rock step FW R
$1 \& 2 \quad R F$ to the $R$ ，LF beside RF，$R F$ to the $R$
3－4 LF cross over RF，return BW on RF
$5 \& 6 \quad L F$ to the $L, R F$ beside $L F, 1 / 4$ turn to the $L$ with $L F$ ahead
7－8 RF ahead，return BW on LF
［9－16］：toes strut BW R，L，R，L
9－10 $\quad R$ toes behind，$R F$ set down
11－12 $L$ toes behind，LF set down
13－14－15－16 start again 9－12
［17－24］：Monterey turn R $1 / 4$ turn $R$ ，monterey turn $R 1 / 2$ turn $R$
17－18 $\quad \mathrm{RF}$ point to the $\mathrm{R}, 1 / 4$ turn to the R with RF beside LF
19－20 LF point to the L，LF beside RF
21－22 RF point to the R， $1 / 2$ turn to the $R$ with RF beside LF
23－24 LF point to the L，LF beside RF
［25－28］：heel strut FW R，L
25－26 heel R ahead，RF set down

Restart : on the 7th wall of A-Part, after the 16th count, start the B-Part.

