Swingin Time



拍数: 48 墙数: 1 级数: Beginner

编舞者: Sandy Carty Hodges (USA) - March 2020

音乐: Time to Swing - Scooter Lee



SET 1: HEEL SPLITS KICK RIGHT, HEEL SPLITS KICK LEFT.

Heel splits, with weight on left foot, kick right foot out and step back onto right foot.

Heel splits, with weight on right foot, kick left foot out and step back onto left foot.

SET 2: RIGHT VINE KICK LEFT, RIGHT VINE KICK LEFT.

9-12 Step to the right on right foot, left foot behind right then step on right foot again and kick out

left foot.

13-16 Step to the left on left foot, right foot behind left then step on left foot and kick out right foot.

SET 3: STEP TOGETHER STEP TOUCH, STEP TOGETHER STEP TOUCH.

Moving right diagonal, step on right foot,, step together left, step on right foot again then

touch left beside right.

21-24 Moving left diagonal, step on left foot, step together right, step on left again and touch

together right foot.

SET 4: ZIG ZAG BACK RIGHT, LEFT, CLAP

25-32 Zig Zag back right, touch left next to right with a clap, Zig Zag back left, touch right next to left

with a clap, Zig Zag back right, touch left next to right with a clap, Zig Zag back left, touch

right next to left with a clap.

SET 5: RIGHT VINE, HALF TURN/HITCHING LEFT, LEFT VINE.

32-40 Step right, left behind, step right doing a half turn to the right while hitching your left knee,

finishing with a left vine.

SET 6: RIGHT VINE, HALF TURN/HITCHING LEFT, LEFT VINE.

41-48 Step right, left behind, step right doing a half turn to the right while hitching your left knee,

finishing with a left vine. (This will get you back to the front wall to start again)

Start again.

Email: sandyutah82@gmail.com