

Swing My Soul

COPPER KNOB
BY SHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Wenarika Josephine (INA) - February 2021
音乐: It's My Soul (feat. Lynn August) - Willie Tee & Cypress



Intro music 48 counts - NO TAG NO RESTART

Sect 1: SIDE SHUFFLES, WALK BACK, BACK MAMBO

1 & 2 Step L to side - R beside L - L to side
3 & 4 Step R to side - L beside R - R to side
5 - 6 step L back - R back
7 & 8 Rock L back - recover on R - step L forward

Sect 2: TOE STRUTS FORWARD, FORWARD ROCK , ¼ TURN RIGHT SHUFFLE

1 - 2 Touch R forward - drop R heel
3 - 4 Touch L forward - drop L heel
5 - 6 Rock R forward - recover on L
7 & 8 ¼ turn right step R to side - L beside R - step R to side.... (3.00)

Sect 3: CROSS, SIDE TOUCH, MODIFIED JAZZ BOX

1 - 2 Cross L over R - touch R to side
3 - 4 Cross R over L - touch L to side
5 - 6 & Cross L over R - step R back - L to side
7 - 8 Cross R over L - step L to side

Sect 4: BACK ROCK , SIDE SHUFFLE, BACK ROCK, SLIDE & DRAG

1 - 2 Cross rock R behind L - recover on L
3 & 4 Step R to side - L beside R - R to side
5 - 6 Cross rock L behind R - recover on R
7 - 8 Slide L to side - drag R towards L

Sect 5: SUGAR STEP, ½ TURN RIGHT, HOLD

1 - 3 Swivel R toe and knee in - swivel R heel and knee out - cross R over L
4 - 6 Swivel L toe and knee in - swivel L heel and knee out - cross L over R
7 - 8 Turn ½ right - hold (9.00)

Sect 6: FORWARD SHUFFLE, JAZZ BOX TOUCH

1 & 2 Shuffle forward on R-L-R
3 & 4 Shuffle forward on L-R-L
5 - 8 Cross R over L - step L back - step R to side - touch L beside R

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