

West Coast Swing Me

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Jim PAVADÉ (FR) - July 2021
音乐: Royals - Lorde



The dance starts with the body weight on the LF

S1 : Point , Point, Sailor Step, Point, Point Sailor Step with 1/4 turn left

- 1 2 Point RF forward, Point RF to side (12h00),
- 3 & 4 Cross RF behind LF, Step LF to left side, Step RF to right side,
- 5 6 Point LF forward, Point LF to side,
- 7 & 8 Cross LF behind RF, Step RF to right side with 1/4 turn left, LF to left side (09h00).

S2 : V Step, Hip Roll (X2)

- 1 2 Slide RF forward Out, Slide LF forward Out,
- 3 4 RF back In, LF back In (beside RF),
- 5 6 Hip Roll with 1/4 turn right & Step RF in place, Step LF in place (12h00),
- 7 8 Hip Roll with 1/4 turn right & Step RF in place, Step LF in place (03h00).

S3: Slide back RF & LF, Cross Sugar Push, Camel Walk, Kick Ball Point

- 1 2 Slide Back RF, Slide back LF,
- 3 & 4 Cross RF over LF turning body to R diagonal , Step slightly back LF, Step RF to right side,
- 5 6 Step L forward and Touch R beside L , step R forward and Touch L beside R,
- 7 & 8 Kick LF forward, Ball on LF, Point RF to right side.

S4 : Dorothy Step R & L, Body Roll, Ball step Back, Cross, Turn 1/2 right

- 1 2 & Slide RF forward on the R diagonal, LF lock behind RF, RF forward on the R diagonal,
- 3 4 & Slide LF forward on the L diagonal, RF lock behind LF, LF forward on the left diagonal,
- 5 6 RF forward on the right diagonal with a Body Roll, Recover on LF,
- & 7 8 Ball step back on RF, Cross LF over RF, 1/2 Turn right (09h00).

TAG at the end of wall 3 (03h00)

[1 - 8] : Side-Point (X4) with Hip Bump and Snap

- 1 2 RF side with hip bump to the right, point LF to L side with snap,
- 3 4 LF side with hip bump to the left, point RF to R side with snap,
- 5 6 RF side with hip bump to the right, point LF to L side with snap,
- 7 8 LF side with hip bump to the left, point RF to R side with snap.

Enjoy !