

Swingin'

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver
编舞者: Doug Miranda (USA) & Jackie Miranda (USA) - August 2023
音乐: Swingin' - LeAnn Rimes : (Album: Lady and Gentlemen)



Two Restarts both to the 6 o'clock Wall (Back Wall)

Music: "Swingin' " by LeAnn Rimes (Album: Lady and Gentlemen)

Dance starts after 16 count music intro

Set 1 Facing ¼ left Sway, Recover, Turn ¼ Side Shuffle; Face ¼ Right, Side Sway, Recover, Turn ¼ Side Shuffle

1,2 As you face ¼ L sway to R, recover on L
3&4 Turn ¼ R and shuffle to R side: Step R to R side, step L next to R, step R to R side
5-6 Turn ¼ R and sway to L, recover on R
7&8. Turn ¼ Land shuffle to L side: Step L to L side, step R next to L, step L to L side

*RESTART:

*1st RESTART here at the 6 o'clock wall on the 4th repetition of the dance (the second time you start at the back wall)

**2nd RESTART here at the 6 o'clock wall after the 2nd repetition of the dance after the 1ST restart

Set 2 Syncopated Out and Out and Forward Touch and Touch and Step Forward, ¼ Turn, Cross, Hold

1&2& Point R to R side, step R next to L, point L to L side, step L next to R
3&4& Touch R forward, step R next to L, touch point L forward, step L next to R
5-8 Step forward on R, turn ¼ L, cross R over L, hold

Set 3 Side Rock, Recover, Cross Shuffle; ½ Turn, Step Diagonal Forward, Step Diagonal Forward

1-2 Side rock to L side on L, recover on R
3&4 Cross shuffle L, R, L by crossing L over R, step R to R, cross L over R
5-6 Turn ½ turn over L shoulder by stepping back on R ¼ turn L, step L to L side ¼ turn L (feet are apart),
7-8 Step out forward on R at diagonal, step out forward on L at diagonal (" V " step)

Set 4 ¼ Turn Syncopated Heel Switches, Heel Hook; Side Sways

1&2& Turn ¼ R tapping R heel forward, step R next to L, tap L heel forward, step L next to R
3&4 Tap R heel forward, hook R heel over L, touch R heel forward
5-8 Step R to R side and sway to R side, sway to L, sway to R side, sway to L side (weight ending on L)

START AGAIN