

Swing It

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Bill Handley (AUS) - January 2024
音乐: Like I Love Country Music - Kane Brown
或: Lil Boo Thang - Paul Russell
或: Pizziricco - The Mavericks
或: No One Needs to Know - Shania Twain
或: Honky Tonkin' About - The Reklaws & Drake Milligan



Start on RF.

[1st/8] Walk forward, walk forward, Toe Strut forward, walk forward, walk forward, toe strut forward.

1,2,3,4 Walk forward on L, walk forward on R, touch R toe forward, lower R heel to floor,
5,6,7,8 walk forward on L, walk forward on R, Touch L toe forward, lower L heel to floor,

[2nd/8] Rock forward, recover, toe strut back, walk back, walk back, toe strut back.

1,2,3,4 Rock forward on R, step L in place, touch R toe back, lower R heel to floor,
5,6,7,8 walk back on L, walk back on R, touch L toe back, lower L heel to floor.

[3rd/8] Rock back, recover, toe strut forward, rock side, recover, toe strut cross.

1,2,3,4 Rock back on R, step L in place, touch R toe forward, lower heel to floor,
5,6,7,8 Rock L to L side, step R in place, touch L toe across R, lower L heel to floor,

[4th/8] Step side, touch to close, step side, touch to close, step side, step behind, make a ¼ turn L and rock back, step in place.

1,2,3,4 Step R to R side, touch L next to R, step L to L side, touch R next to L,
5,6,7,8 Step R to R side, step L behind R, make a ¼ turn L and rock back on R, step L in place, to face 9:00.

For progression of this dance (beginner /Improver), any Toe Struts may be replaced by shuffles and or half turn shuffles as the teacher may seem fit for the student to do so.

Music:

Like I love Country Music. Kane Brown. A 4 count tag(rocking chair) at the end of wall 8
It is possible to dance through the breakdown of the song(towards the end) at the same tempo, and stay on beat.

Lil Boo Thang. Paul Russell. No tags.

Pizziricco. The Mavericks. No tags

No One Needs to Know. Shania Twain. No tags

Honky Tonkin About. The Reklaws. Drake Milligan. No tags

Last Update: 24 Feb 2024