

Sway 2024

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Tri Retno Sukeksi (INA) - January 2024
音乐: Sway - The Pussycat Dolls



Dance starts with the word "starts to play"

Section 1 WALK,WALK,SHUFFLE FORWARD, HIP SWAY, HIP BUMP

1-2-3&4 (1-2) Step RF forward, Step LF forward. (3&4) Step RF forward, Step LF beside RF, Step RF forward
5-6-7&8 (5-6) Swing Hip to L- R, (7&8) Push L hip to L-R-L

Section 2 STEP SIDE 1/4 TURN R, STEP FORWARD 1/2 TURN R, SHUFFLE FORWARD, ROCK STEP, COSTER STEP

1-2-3&4 (1-2) Step RF to R 1/4 turn R, Step LF forward 1/2 turn R weight on LF. (3&4) Step RF forward, Step LF beside RF, Step RF forward
5-6-7&8 (5-6) Step LF forward , Recovery on RF (7&8) Step LF Back , Step RF beside LF, Step LF forward

Section 3 CHA CHA NEW YORKER (ROCK CROSS, CHASSE R, ROCK CROSS , CHASSE L)

1-2-3&4 (1-2) Rock Cross RF over LF, recover on LF, (3&4) Step RF to R, Step LF Beside RF, step RF to R
4-6-7&8 (4-6) Rock Cross LF over RF, recovery on RF, (7&8) Step LF to L, Step RF beside LF, Step LF to L

Section 4 CROSS 1/4 TURN R, STEP BACK 1/4 TURN R, CHASSE R, ROCK CROSS, CHASSE L

1-2-3&4 (1-2) Cross RF over LF 1/4 turn R, Step LF back 1/4 turn R, (3&4) Step RF to R, Step LF beside RF, Step RF to R.
5-6-7&8 (5-6) Rock Cross LF over RF, recover on RF, (7&8) Step LF to L, Step RF beside LF , Step LF to L

TAG (8C) after W8 : 1 Turn L (Unwind), Step RF side & Hold

1-2-3-4 Cross RF over LF , 1 Turn L,
5-6-7-8 Step RF to R & Hold.

Happy Dancing for Healthy

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