

Let's Swing

拍数: 64 墙数: 1 级数: Advanced
编舞者: Carol Mckee (AUS)
音乐: Who Knows What Tomorrow May Bring - Donella Plane



CHARLESTON KICKS

1-2-3-4 Step left 45 degrees left, kick right forward, step back right, touch left toe back
5-6-7-8 Step left forward, kick right forward, step back right, touch left toe back

SIDE, STEP, CROSS, SIDE, TOGETHER, SIDE, TURNING TRIPLE STEP, BEHIND, SIDE, CROSS

1&2 Step left to left, (face front) step on right, cross left over right
3&4 Step right to right, step left next to right, step right to right
5&6 Turning full turn right triple step: left-right-left
7&8 Step right behind left, step left to left, cross right over left

FORWARD, BACK, TURN SHUFFLE, FORWARD, BACK, TURNING TRIPLE STEP

1-2-3&4 Step left forward, rock back right, turning ½ turn left shuffle forward: left-right-left
5-6-7&8 Step right forward, rock back left, turning 1 ½ turns right triple step: right-left-right

FORWARD, BACK, COASTER STEP, HEEL, HEEL, TOE, HEEL, HEEL, BEHIND

1-2-3&4 Step left forward, rock back right, coaster step: left-right-left
5& Touch right heel 45 degrees right lifting left heel at same time, drop left heel
6& Touch right toe behind left lifting left heel at same time, drop left heel
7& Touch right heel 45 degrees right lifting left heel at same time, drop left heel
8 Step right behind left

SIDE & DRAG, BEHIND, STEP DOWN, SIDE & DRAG, BEHIND, STEP DOWN, STEP FORWARD, BACK, TURN SHUFFLE

1-2& Step left to left dragging right behind left, step down on right, step left over right
3-4& Step right to right dragging left behind right, step down on left, step right over left
5-6-7&8 Step left forward, step back right, turning ½ turn left shuffle forward: left-right-left

SIDE & DRAG, BEHIND, STEP DOWN, SIDE & DRAG, BEHIND, STEP DOWN, STEP FORWARD, BACK, TURN SHUFFLE

1-2& Step right left dragging left behind right, step down on left, step right over left
3-4& Step left right dragging right behind left, step down on right, step left over right
5-6-7&8 Step right forward, step back left, turning ½ turn right shuffle forward: right-left-right

STOMP, STOMP, MASHED POTATOES, COASTER STEP, SHUFFLE

&1 Stomp left, stomp right

A flick is a sharp, quick kick backwards with a pointed toe & a flexed knee

&2 Flick right & swivel left to left at same time, step right behind left & swivel left right at same time
&3 Flick left & swivel right to right at same time, step left behind right & swivel right left at same time
&4 Flick right & swivel left to left at same time, step right behind left & swivel left right at same time
5&6-7&8 Coaster step: left-right-left, shuffle forward: right-left-right

57-64 Repeat counts 49-56

REPEAT

RESTART

After completing count 32 for the second time, start dance again

FINISH DANCE

After count 36&, step left forward, step back right, coaster step: left-right-left

OPTIONAL ARM MOVEMENTS:

- 1-8 Swing opposite arms to legs
 - 29-32 Swing arms in line with heel, swing arms back across body for toe
 - 33-34 Stretch left arm slightly up on left side, stretch right arm slightly down on right side, turning palms up to face front
 - 35-36 Stretch right arm slightly up on right side, stretch left arm slightly down on left side, turning palms up to face front
 - 41-42 Stretch right arm slightly up on right side, stretch left arm slightly down on left side, turning palms up to face front
 - 43-44 Stretch left arm slightly up on left side, stretch right arm slightly down on right side, turning palms up to face front
 - &50 Bring hands up waist high, elbows out, for "&" count, swing elbows back for count "50&51&52")
 - &58&59&60 The same as for (counts) "&50"
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