

Let's Swing

拍数: 32 墙数: 2
编舞者: Jan Pye (USA) & Dan Pye (USA)
音乐: One of the Guys - Kellie Pickler

级数: Intermediate west coast swing



HEEL SLAPS

1-2-3-4 Right heel forward, slap toes down, left heel forward, slap toes down

SHUFFLE RIGHT, ½ TURN LEFT

5&6 Shuffle to right side (right, left, right)

7-8 ½ turn left stepping on left, step forward on right

DOUBLE JAZZ BOX WITH SYNCOPATION

9-10&11-12 Cross left over right, step back on right, back on left, cross right over left, step to place on left

TWIST 2 ¼ TURNS RIGHT, BACK ¼ LEFT

13 Touch right toe back

14 Twist ¼ turn right placing weight on both feet

15 Twist ¼ turn right placing weight on ball of left foot & heel of right at the same time raising the left heel & right toes

16 Twist ¼ turn back left placing weight on both feet

LEFT WEAVE, ¼ TURN LEFT, PIVOT ½ TURN LEFT, KICK BALL CHANGE

17-18-19-20 Cross right over left, left to left side, right behind left, ¼ turn left stepping forward on left foot

21-22 Step forward on right, ½ turn left transferring weight to left

23&24 Right kick ball change (kick right foot forward, place weight on ball of right foot, transfer weight to left)

SHUFFLE FORWARD, ¼ TURN RIGHT SHUFFLE, ROCK BACK, RECOVER, ¼ TURN RIGHT, STEP

25&26 Shuffle forward (right, left, right)

27&28 ¼ Turn right shuffling to left (left, right, left)

29-30 Cross rock back rocking right foot behind left, recover on left foot

31-32 ¼ Turn right stepping forward on right, step forward on left

REPEAT
