Pride And Joy



拍数: 64 墙数: 2 级数: Intermediate west coast swing

编舞者: Sunday Murch (USA) 音乐: Pride & Joy - Scooter Lee



DRUNKEN SAILOR RIGHT, TOUCH LEFT BEHIND RIGHT, UNWIND ¾, SHUFFLE RIGHT, STEP LEFT PIVOT ½ (WEIGHT STAYS ON LEFT)

1&2 Drunken sailor

3 Touch left behind right

4 Unwind ¾
5&6 Shuffle forward
7 Step left

8 Pivot ½ (weight stays on left)

ROCK RIGHT BACK, FRONT, BACK, SHUFFLE FORWARD

1-2 Rock back right
3-4 Rock front right
5-6 Rock back right
7&8 Shuffle forward

WEAVE FRONT, BACK 1-4, ROCK LEFT ACROSS, SHUFFLE SIDE

1-4 Left cross front and cross back and

5-6 Rock left across right7&8 Shuffle to left side

WEAVE FRONT, BACK 1-4, ROCK RIGHT 1/4 TURN, PIVOT TO FRONT WALL, SHUFFLE UP

1-4 Right cross front and back and

5 Rock right across left

6 3/4 pivot 7&8 Shuffle up

ROCK LEFT FRONT AND SIDE AND FAST VINE, LUNGE RIGHT, RECOVER

1-2 Rock left front3-4 Rock left side5&6 Fast vine

7-8 Lunge right recover

STEP RIGHT BEHIND LEFT POP KNEE, STEP LEFT TO SIDE, REPEAT, PIVOT 1/4, 1/4

1 Step right behind left, pop knee

2 Step left to side

3 Step right behind left, pop knee, 4 step left to side

STEP TOGETHER RIGHT, STEP TOGETHER RIGHT, TAP (SHOULDERS MOVE UP AND DOWN), STEP TOGETHER LEFT, TAP

1-4 Step together, step together tap

5-8 Repeat

ROCK FRONT, BACK, FULL PIVOT

1-2 Rock front3-4 Rock back

REPEAT