

Saddlebred Swing (P)

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 0 级数: Partner
编舞者: Susan Brooks (USA)
音乐: Any Medium Tempo Swing about 130 BPM



Position: Start in Side by Side position

LADIES' STEPS

WEST COAST BASIC WITH TWO STEPS FORWARD

1-2 Step right forward, left
3-4 Tap right next to left step back right
5&6 Step left back, (&)right, step left forward
7-8 Step right forward, left

EAST COAST SWING BASIC

Hands will be left over right

1&2 ¼ turn to right-right-left-right
3&4 ½ turn to right left-right-left facing inside LOD
5-6 Rock back on right forward on left

EAST COAST BASIC

Lady ends up behind man

1&2 ¼ turn right right-left-right
3&4 In place left-right-left
5 Rock to right, look at man
6 Rock to center with left
7 Step right
8 Rock to left with left, look at man
9 Rock to center with right
10 Step left

TRIPLE TWO BASIC

Lady goes under mans right arm into side by side

1&2 Forward right-left-right
3&4 Forward left-right-left
5-6 Step right forward, left

SHUFFLES FACING, BACK LOD, FACING, FORWARD LOD

Maintain arm position, this is a progressive movement down LOD

1&2 Right-left-right ¼ left to face man
3&4 Left-right-left ¼ left to back LOD
5&6 Right-left-right ¼ right to face man
7&8 Left-right-left ¼ right to forward LOD
9-10 Step right forward, left

LINDY BASIC TO FACE EACH OTHER AND RETURN TO FORWARD, LOD

1&2 Right-left-right ¼ left to face man
3-4 Rock back left forward right
5&6 Left-right-left ¼ right to face LOD
7-8 Rock back right forward left

REPEAT

MEN'S STEPS

WEST COAST BASIC WITH TWO STEPS FORWARD

- 1-2 Step left forward, right
- 3-4 Tap left next to right, step back with left foot
- 5&6 Step back with right, (&)left, step right forward
- 7-8 Step left forward, right

EAST COAST SWING BASIC

Hands will be left over right

- 1&2 Turning $\frac{1}{4}$ to right, left arm over ladies head
- 3&4 Right-left-right in place facing outside LOD
- 5-6 Rock back on left forward on right

EAST COAST BASIC

Lady ends up behind man

- 1&2 Left-right-left turns $\frac{1}{4}$ left, hands over head
- 3&4 Right-left-right in place, hands joined at hips
- 5 Rock to left, look at lady
- 6 Rock to center with right
- 7 Step left
- 8 Rock to right with right, look at lady
- 9 Rock to center with left
- 10 Step right

TRIPLE TWO BASIC

Lady goes under mans right arm into side by side

- 1&2 Forward left-right-left
- 3&4 Forward right-left-right
- 5-6 Step left forward, right

SHUFFLES FACING, BACK LOD, FACING, FORWARD LOD

Maintain arm position, this is a progressive movement down LOD

- 1&2 Left-right-left $\frac{1}{4}$ right to face lady
- 3&4 Right-left-right $\frac{1}{4}$ right to back LOD
- 5&6 Left-right-left $\frac{1}{4}$ left to face lady
- 7&8 Right-left-right $\frac{1}{4}$ left to forward LOD
- 9-10 Step left forward, right

LINDY BASIC TO FACE EACH OTHER AND RETURN TO FORWARD, LOD

- 1&2 Left-right-left $\frac{1}{4}$ right to face lady
- 3-4 Rock back right forward left
- 5&6 Right-left-right $\frac{1}{4}$ left to face LOD
- 7-8 Rock back left forward right

REPEAT
