

Sway Me

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lisa Johns-Grose (USA)
音乐: Sway - The Pussycat Dolls



SWAY-SWAY-SWAY-SHUFFLE LEFT SIDE-CROSS ROCK-RECOVER-RIGHT ¼ COASTER

1-2-3 Step right to right, rock back on left, recover forward on right
4&5 Step left to left, step right next to left, step left to left
6-7 Cross rock right over left, recover back left
8&1 Sweep right around stepping back making ¼ turn right, step left back next to right, step forward on right

WALK-WALK-SIDE ROCK CROSS-SWAY-SWAY-SHUFFLE ¼ TURN RIGHT

2-3 Walk forward on left, walk forward on right
4&5 Rock left to left side, recover on right, step left across right
6-7 Sway hips right while stepping ¼ right, sway left
8&1 Shuffle to right side making ¼ turn right

ROCK-RECOVER-BACK LOCK BACK-SWAY ¼ RIGHT-SWAY LEFT-RIGHT SCISSORS

2-3 Rock forward on left, recover back on right
4&5 Step back on left, step back on right across left, step back on left
6-7 Sway hips right, sway left
8&1 Step right to right, step left next to right, step right across left

SIDE ROCK- RECOVER-CROSSOVER SHUFFLE-STEP-DRAG-STEP-TOUCH

2-3 Rock left to left side, recover on right
4&5 Crossing left over right shuffle left, right, left
6-7 Step right diagonally forward, drag left to meet right
8& Step back diagonally on left, touch right next to left

REPEAT

TAG

After the 8th wall

FORWARD STEPS WITH KNEE ROLLS

1-2 Stepping forward on right, roll right knee in a half circle to right
3-4 Stepping forward on left, roll left knee in a half circle to left
5-6 Stepping forward on right, roll right knee in a half circle to right
7-8 Stepping forward on left, roll left knee in a half circle to left

Then begin the dance again