# Sway Me



编舞者: Lisa Johns-Grose (USA) 音乐: Sway - The Pussycat Dolls



#### SWAY-SWAY-SWAY-SHUFFLE LEFT SIDE-CROSS ROCK-RECOVER-RIGHT 1/4 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 1/4 TURN RIGHT

2-3 Walk forward on left, walk forward on right

4&5 Rock left to left said, 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 1/4 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

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

Stepping forward on right, roll right knee in a half circle to right
Stepping forward on left, roll left knee in a half circle to left
Stepping forward on right, roll right knee in a half circle to right
Stepping forward on left, roll left knee in a half circle to left

Then begin the dance again