

Sway Me Now

拍数: 64 墙数: 4 级数: Improver
编舞者: Norman Gifford (USA)
音乐: Sway - The Pussycat Dolls



FORWARD ROCK-STEP, REPLACE, CHA-CHA STEPS, BACK ROCK-STEP, REPLACE, CHA-CHA STEPS

1-2 Left rock-step forward; right replace
3&4 Cha-cha steps moving slightly back (left-right-left)
5-6 Right rock-step back; left replace
7&8 Cha-cha steps moving slightly forward (right-left-right)

PIVOT TURN ½ RIGHT, CHA-CHA TURN ½ RIGHT, ROCK-STEP, REPLACE, CHA-CHA STEPS

1-2 Left step forward; pivot turn ½ right
3&4 Cha-cha steps turning ½ right (left-right-left)
5-6 Right rock-step back; left replace
7&8 Cha-cha steps moving slightly forward (right-left-right)

CROSSOVER, REPLACE, CHA-CHA STEPS, CROSSOVER, REPLACE, CHA-CHA STEPS

1-2 Left crossover; right replace
3&4 Cha-cha steps in place (left-right-left)
5-6 Right crossover; left replace
7&8 Cha-cha steps in place (right-left-right)

ROCK-STEP, REPLACE, COASTER STEP, STEP FORWARD, HOLD THREE BEATS

1-2 Left rock-step forward; right replace
3&4 Left step back; right together; left step forward
5-8 Right step forward; hold; hold; hold

FORWARD ROCK-STEP, REPLACE, CHA-CHA STEPS, BACK ROCK-STEP, REPLACE, CHA-CHA STEPS

1-2 Left rock-step forward; right replace
3&4 Cha-cha steps moving slightly back (left-right-left)
5-6 Right rock-step back; left replace
7&8 Cha-cha steps moving slightly forward (right-left-right)

SIDE-ROCK STEP, REPLACE, CROSS-LOCK STEPS, SIDE-ROCK STEP, REPLACE, CROSS-LOCK STEPS

1-2 Left rock-step side; right replace
3&4 Left crossover; right step side with left crossed over; left crossover
5-6 Right rock-step side; left replace
7&8 Right crossover; left step side with right crossed over; right crossover

RUMBA BOX STEPS WITH ¼ TURN LEFT

1-4 Left step side; right together; left stride forward; draw right slowly together
5-8 Right step side; left together; right stride back; draw left slowly together
& Turn ¼ left into new rumba box (new wall)

RUMBA BOX

1-4 Left step side; right together; left stride forward; draw right slowly together
5-8 Right step side; left together; right stride back; draw left slowly together

REPEAT

TAG

After the fourth time through (12:00 wall)

RUMBA BOX, ROCK-STEP, REPLACE, STEP SIDE WITH ¼ TURN RIGHT, DRAW TOGETHER

1-4 Left step side; right together; left stride forward; draw right slowly together

5-6 Right rock-step forward; left replace

7-8 Turn ¼ right with long step to side; draw left slowly together to start over
