

Sweet

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Jan Wyllie (AUS)
音乐: The Sweet Escape - Gwen Stefani



This dance was choreographed by request for Betty Yule from Geelong Vic who gave me the music

INTRO

SIDE SHUFFLE, ROCK RETURN, ½ SHUFFLE, ROCK RETURN

1&2-3-4 Side shuffle right stepping right, left, right, rock back on left, recover on right
5&6-7-8 Shuffle forward turning ½ right while stepping left, right, left, rock back on right, recover on left

½ SHUFFLE, ROCK RETURN, VINE LEFT TOUCH

9&10-11-12 Shuffle forward turning ½ left stepping right, left, right, rock back on left, recover on right
13-14-15-16 Step left to side, step right behind left, step left to side, touch right beside left
17-32 Repeat above 16 counts and start dance below immediately

THE MAIN DANCE

HEEL JACK, CLAP CLAP, HEEL JACK, CLAP CLAP

&1&2 Step right foot back, touch left heel forward, step left foot back, touch right behind left
3-4 Slap your thighs twice

Or clap hands twice

&5&6-7-8 Repeat first 4 counts

SHUFFLE BACK, COASTER, STEP LOCK STEP, SIDE STEP

9&10-11&212 Shuffle back right, left, right, step left foot back, step right foot beside left, step left foot forward
13-14-15-16 Step forward on right, lock left behind right, step forward on right, step left to left

&ACROSS SIDE, ROCK &ACROSS, ¼ ROCK RETURN, ¾ TURN

&17-18 Step right beside left, step left across right, step right to right
19&20 Step left to side, step right beside left, step left across right
21-22 Turn ¼ right and rock forward on right, recover to left
23-24 Turn ½ right and step forward on right, turn ¼ right and step back on left

Now facing front

½ SHUFFLE, ROCK RETURN, ROCK RETURN, ½ ROCK RETURN, &HEEL &STEP FORWARD

25&26-26-28 Turning shuffle forward turning ½ right and stepping right, left, right, rock forward on left, recover to right
29-30 Turn ½ left and rock forward on left, recover to right
&31&32 Step left back, touch right heel forward, step right beside left, step left forward

WALK WALK, STEP BACK/KICK, STEP FORWARD, STEP PIVOT ¼, & SIDE TOE STRUT

33-34-35-36 Step right forward, step left forward, rock back on right, recover to left
37-38&39-40 Step right foot forward, turn ¼ left (weight to left), step right together, touch left toe to left, step left heel down

&SIDE TOE STRUT, &SIDE ROCK RETURN, BEHIND SIDE FORWARD, STEP PIVOT ¼

&41-42 Step right beside left, touch left toe to left, step left heel down
&43-44 Step right beside left, rock left to left, recover to right
45&46-47-48 Step left behind right, step right beside left, step left forward, step right forward, turn ¼ left (weight to left)

CROSS SHUFFLE, ½ TURN, FORWARD ROCK RETURN, TOE STRUT BACK

49&50 Cross shuffle stepping right, left, right

51-52 Step left back, turn ¼ right and step right to right

53-54-55-56 Rock left forward, recover to right, step left toe back, step left in place

&SIDE ROCK RETURN, ¼ COASTER, STEP PIVOT ¼, STOMP HOLD

&57-58 Step right beside left, rock left to left, recover to right

59&60 Step left behind right, turn ¼ left and step right beside left, step left forward

61-62 Step right forward, turn ¼ left (weight to left)

63-64 Stomp right beside left, hold

REPEAT
