

Swing

拍数: 32 墙数: 4 级数: Beginner
编舞者: Paul McAdam (UK)
音乐: Sing, Sing, Sing - Charlotte Swing Band



CHARLESTON STEPS, OUT-OUT, IN-IN

- 1-2 Step forward on right foot, touch left toe forward
- 3-4 Step back on left foot, touch right toe back
- 5-6 Step right foot to right diagonal, step left foot to left diagonal
- 7-8 Step right foot back on place, step left foot back in place

RIGHT LOCK STEP, SKATES TWICE, LEFT LOCK STEP, SKATES TWICE

- 1&2 Step right foot to right diagonal, lock left foot behind right, step right foot to right diagonal
- 3-4 Skate left foot to left diagonal, skate right foot to right diagonal
- 5&6 Step left foot to left diagonal, lock right foot behind left, step left foot to left diagonal
- 7-8 Skate right foot to right diagonal, skate left foot to left diagonal

TOUCH BEHIND & SIDE STEPS, OUT-OUT CLAP, TWISTS

- 1-2 Touch right toe behind left foot, step right foot to right side
- 3-4 Touch left toe behind right foot, step left foot to left side
- &5 Jump slightly forward right, left, out-out
- 6 Clap hands
- &7&8 Twist both heels, right, left, right, left

RIGHT SHUFFLE, LEFT SHUFFLE, SAILOR STEP, BEHIND ¼ TURN

- 1&2 Right shuffle to right diagonal
- 3&4 Left shuffle to left diagonal
- 5&6 Right sailor step
- 7&8 Cross left foot behind right, make a ¼ turn right and step forward on right foot, step forward on left foot

REPEAT
