

Swing Easy

拍数: 48 墙数: 0 级数:
编舞者: The Lady In Black (UK)
音乐: Keep It In The Family - Jellyroll Antennae



CHASSE RIGHT/ROCK BACK/TOUCH STEPS

1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock back on left, recover weight on right
5-6 Touch left toe forward and to left diagonal, step left in place
7-8 Touch right toe forward and to left diagonal, step right in place

CHASSE LEFT/ROCK BACK/TOUCH STEPS

1&2 Step left to left side, step right next to left, step left to left side
3-4 Rock back on right, recover weight on left
5-6 Touch right toe forward and to right diagonal, step right in place
7-8 Touch left toe forward and to right diagonal, step left in place

SHUFFLE ¼/PIVOT ½ TURN/HIP SWAYS TRAVELING FORWARD/SHUFFLE FORWARD

1&2 Step right to right side, step left next to right, step right ¼ turn right
3-4 Step left forward, pivot ½ turn right
5-6 Walk forward stepping left swaying hips left, walk forward stepping right swaying hips right
7&8 Shuffle forward left stepping left, right, left

KICKS FORWARD, BACK, FORWARD, SIDE/SAILOR STEP

1-2-3-4 Kick right foot forward twice, kick right foot back twice
5-6 Kick right foot forward, kick right foot to right side
7&8 Step right behind left, step left to left side, step right in place

STEP ¼ TURN RIGHT TWICE/TOE TAPS/LEFT COASTER STEP

1-2 Step left forward, pivot ¼ turn right
3-4 Step left forward, pivot ¼ turn right
5-6 Tap left toe next to right twice
7&8 Step left back, step right next to left, step left forward

JUMPS FORWARD & BACK /HOLD & CLAP/DIAGONAL SHUFFLES

&1-2 Jump forward stepping right-left & lean back (&1), hold and clap (2)
&3-4 Jump back stepping right-left & lean forward (&3), hold and clap (4)
5&6 Shuffle to right diagonal stepping right, left, right
7&8 Shuffle to left diagonal stepping left, right, left

REPEAT
