Swing It



拍数: 56 墙数: 2 级数: Intermediate

编舞者: Rob Fowler (ES) & Helen O'Malley (IRE) 音乐: Beer, Whiskey, Women - The Cheap Seats



RIGHT & LEFT TOE KICK, CROSS & SCOOT BACK

1	Touch right toe beside left and swivel left heel to right.
2	Kick right foot to right side and swivel left heel to left.

3 Cross right foot over left.

Touch left toe beside right and swivel right heel to left.

Kick left foot to left side and swivel right heel to right.

6 Cross left foot over right.

7-8 Hop back on left toot twice. (right foot is lifted behind bent at knee).

HEEL JACKS X 2, STEP 1/4 TURN LEFT, STOMP RIGHT & LEFT

&9 Step right foot back. Touch left heel forward.&10 Step left foot in place. Touch right foot beside left.

&11&12 Repeat steps &9&10

13-14 Step right foot forward. Pivot ¼ turn left.

15-16 Stomp right beside left. Stomp left beside right.

RIGHT & LEFT TOE, KICK, CROSS & SCOOT BACK

17-24 Repeat steps 1-8

HEEL JACKS X 2. STEP 1/4 TURN LEFT, STOMP RIGHT & LEFT

25-32 Repeat steps & 9-16

As you stomp right & left at the end of this section, weight needs to remain on the right foot.

CROSS, STEP, CROSS, STEP, TOUCH

33-34	Cross left over right. Hold and click fingers.
35-36	Step right to right side. Hold and click fingers.
37-38	Cross left over right. Hold and click fingers.

39-40 Step right to right side. Touch left beside right and click.

SIDE STEPS & SLIDE, HIP ROLLS X 2

SIDE STELLS & SCIDE, THE ROLLS X 2		
41	Step left to left side.	
42-44	Slide right to left (2 beats) & touch right in place.	
45-48	Roll hips to the left twice (each roll takes two beats)	
49	Step right to right side.	
50-52	Slide left to right (2 beats) & touch left in place.	
53-56	Roll hips to the left twice (each roll takes two beats)	

REPEAT