

Swing It

COPPER KNOB
BY STEPHEN HETS

拍数: 60 墙数: 2 级数: Intermediate/Advanced
编舞者: Fred Knopp (AUS)
音乐: Swing - Trace Adkins



RIGHT SAILOR STEP, LEFT SAILOR STEP, PIVOT HALF TURN RIGHT, LEFT CROSS RIGHT SIDE, LEFT TOUCH, LEFT SIDE, RIGHT CROSS, LEFT SIDE, RIGHT TOUCH

1&2 Step right behind left, step left to left, step right to right
3&4 Step left behind right, step right to right, step left to left
&5 Pivot ½ turn right & step on right, step left over right
&6 Step right to right, touch left heel at diagonal left
&7 Step left to left, step right over left
&8 Step left to left, touch right heel at diagonal right

RIGHT SAILOR STEP, LEFT SAILOR STEP, PIVOT HALF TURN RIGHT, LEFT CROSS RIGHT SIDE, LEFT TOUCH, LEFT SIDE, RIGHT CROSS, LEFT SIDE, RIGHT TOUCH

9&10 Step right behind left, step left to left, step right to right
11&12 Step left behind right, step right to right, step left to left
&13 Pivot ½ turn right & step on right, step left over right
&14 Step right to right, touch left heel at diagonal left
&15 Step left to left, step right over left
&16 Step left to left, touch right heel at diagonal right

HEEL TWIST, LEFT SAMBA SHUFFLE FORWARD, HEEL TWIST, RIGHT SAMBA SHUFFLE FORWARD, HEEL TWIST, LEFT SIDE ROCK, HALF TURN RIGHT, LEFT SIDE ROCK/ STEP

& Step right next to left & twist left heel in
17&18 Step left forward & left heel twisted in, step right next to left, step left forward & left heel twisted in
& Twist left heel back & twist right heel in
19&20 Step right forward & right heel twisted in, step left next to right, step right forward & right heel twisted in
& Twist right heel back & twist left heel in
21-22 Rock / step left to left & left heel twisted in, rock onto right & pivot ½ right
23-24 Rock / step left to left, rock on right

LEFT BEHIND, RIGHT SIDE, LEFT CROSS, QUARTER PIVOT RIGHT, RIGHT HEEL-BALL-STEP, RIGHT FORWARD PIVOT HALF TURN LEFT, RIGHT FORWARD, LEFT APART

25&26 Step left behind right, step right to right, step left across right
& Pivot ¼ right on left
27&28 Tap right heel forward, step right next to left, step left forward
29-30 Step right forward, pivot ½ turn left
31-32 Step right forward, step left to left (shoulder width apart)

TWIST HEELS QUARTER LEFT, TWIST HEELS HALF RIGHT, LEFT FORWARD, PIVOT HALF TURN RIGHT, LEFT FORWARD, RIGHT FORWARD, PIVOT HALF TURN LEFT, RIGHT FORWARD

33 Twist heels ¼ left (point right hand over left shoulder holding 1 finger up)
34 Twist heels ½ right (weight on right)
35-36 Step left forward, pivot ½ turn right
37-38 Step left forward, step right forward
39-40 Pivot ½ turn left, step right forward

TWIST HEELS HALF LEFT, TWIST HEELS HALF RIGHT, LEFT ROCK/ STEP FORWARD, ROCK BACK, RIGHT HALF TURN LEFT, LEFT FORWARD, RIGHT APART, SWING RIGHT KNEE OUT IN OUT

- 41 Twist heels ½ left (point right hand forward holding 2 finger up)
42 Twist heels ½ right (weight on right)
43-44 Rock / step left forward, rock back on right with ½ turn left
45-46 Step left forward, step right to right (shoulder width apart with weight on left)
47&48 Push right knee out, in, out leaning right swing right hand & click right fingers when knee out

SWING RIGHT KNEE IN OUT, HOLD, RIGHT BEHIND, LEFT SIDE WITH QUARTER TURN LEFT, RIGHT FORWARD, PIVOT HALF TURN LEFT, LEFT ROCK/ STEP WITH QUARTER TURN RIGHT

- &49-50 Push right knee in, out (swing right hand & hold 3 fingers out when knee out), hold
51&52 Step right behind, step left to left with ¼ turn left, step right forward
53-54 Pivot ½ turn left, step forward right
55-56 Rock / step forward left with ¼ turn right, rock on right

LEFT ROCK/ STEP OVER RIGHT, RIGHT STEP, LEFT STEP, RIGHT ROCK/ STEP OVER LEFT, LEFT STEP, RIGHT STEP, LEFT STOMP

- 57&58 Rock / step left over right, step back on right, step left to left
&59&60 Rock / step right over left, step back on left, step right to right, stomp left next to right

REPEAT

TAG

At the end of the 3rd and 5th reps keep weight on the right foot and add the tag

LEFT ROCK/ STEP OVER RIGHT, RIGHT STEP, LEFT STEP, RIGHT ROCK/ STEP OVER LEFT, LEFT, STEP, RIGHT STEP, LEFT STOMP

- 1&2 Rock / step left over right, step back on right, step left to left
&3&4 Rock / step right over left, step back on left, step right to right, stomp left next to right
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