

Swing Low Sweet Chariot

COPPER KNOB
BY STEPHEN LEE

拍数: 32 墙数: 2 级数: Improver
编舞者: Jo Thompson Szymanski (USA)
音乐: Swing Low Sweet Chariot - Scooter Lee



Wait for the slow vocal intro, then there will be 8 heavy beats, start on the word "swing"

TRIPLE RIGHT, ROCK BACK, RECOVER, TRIPLE LEFT, ROCK BACK, RECOVER

1&2 Step right foot to right side, step together with left foot, step right foot to right side
3-4 Rock back with left foot, replace weight forward to right foot
5&6 Step left foot to left side, step together with right foot, step left foot to left side
7-8 Rock back with right foot, replace weight forward to left foot

DIAGONAL, TOUCH, KICK BALL CHANGE, DIAGONAL, TOUCH, KICK BALL CHANGE

1 Step right foot forward to right diagonal
2 Touch ball of left foot beside right, keep weight on right foot
The diagonal step on count 1 can be a slightly larger step for emphasis
3&4 Kick left foot forward, rock back with ball of left, recover weight forward to right foot
5 Step left foot forward to left diagonal
6 Touch ball of right foot beside left, keep weight on left foot
The diagonal step on count 5 can be a slightly larger step for emphasis
7&8 Kick right foot forward, rock back with ball of right, recover weight forward to left foot
During the above 8 counts, keep your body facing forward

FORWARD ROCK, BACK ROCK, TWO ¼ TURNS LEFT

1-2 Rock forward with right foot, recover weight back to left foot
3-4 Rock back with right foot, recover weight forward to left foot
5-6 Step forward with right foot, turn ¼ left, shift weight to left foot
7-8 Step forward with right foot, turn ¼ left, shift weight to left foot

WALK FORWARD 3 STEPS, KICK AND CLAP, BACK 2, COASTER STEP

1-3 Step forward with right, step forward with left, step forward with right
4 Kick forward with left foot, clap hands and say whooo!
5-6 Step back with left foot, step back with right foot
7&8 Step back with left foot, step together with right, with left foot, step forward and slightly across in front of right

REPEAT