

Swing Me, Sing Me

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Sylvia Schell (USA)
音乐: Truth No. 2 - The Chicks



FORWARD RIGHT, ROCK, RECOVER, LEFT COASTER, SHUFFLE FORWARD, TOUCH SIDE, STOMP

&1-2 Step right forward, rock forward on left, recover on right
3&4 Step back on left, step right beside left, step forward on left
5&6 Shuffle forward right, left, right
7-8 Touch left toe to left side, stomp left foot beside right (weight stays on right)

FORWARD LEFT, ROCK, RECOVER, RIGHT COASTER, SHUFFLE FORWARD, STEP, ¼ TURN

&1-2 Step slightly forward on left, rock forward on right, recover on left
3&4 Step back on right, step left beside right, step forward on right
5&6 Shuffle forward left, right left
7-8 Step forward on right, ¼ turn to left (weight goes to left)

RIGHT, BEHIND AND HEEL & CROSS, ¼ TURN BACK LEFT, BACK RIGHT, SHUFFLE BACK

1-2 Step right to right side, behind with left
&3&4 Step back right, touch left heel diagonally forward, step left beside right, cross right over left
5-6 Step back on left turning ¼ turn to right, step back on right
7&8 Shuffle back left, right, left

RIGHT, BEHIND, CROSS, LEFT, BEHIND, CROSS, ROCK RIGHT, STEP LEFT, ¼ TURN, STEP RIGHT ¼ TURN, FORWARD LEFT

1&2&3&4 Step right to right(1), behind with left(&), rock right over left(2), rock left on left(&), behind with right(3), rock left over right(&), rock right to right(4)
5-6 Step forward on left, ¼ turn to right (weight stays on left)
7-8 Turn ¼ turn to right stepping onto right, step forward on left

REPEAT
