

Swing Thing

拍数: 64 墙数: 4 级数:
编舞者: Peter Metelnick (UK)
音乐: Enough To Lie - Monty Holmes



RIGHT & LEFT SIDE SHUFFLES, RIGHT ROCK BACK & RECOVER, RIGHT STEP, SLIDE

1&2 Step right foot to right side, step left foot together, step right foot to right side
3&4 Step left foot to left side, step right foot together, step left foot to left side
5-6 Rock step right foot back, recover weight on left foot
7-8 Step right foot to right side, slide/touch left foot together

LEFT & RIGHT SIDE SHUFFLES, LEFT ROCK BACK & RECOVER, LEFT STEP, SLIDE

1&2 Step left foot to left side, step right foot together, step left foot to left side
3&4 Step right foot to right side, step left foot together, step right foot to right side
5-6 Rock step left foot back, recover weight on right foot
7-8 Step left foot to left side, slide/touch right foot together

VINE RIGHT 2, RIGHT KICK BALL CROSS, RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER

1-2 Step right foot to right side, cross step left foot behind right
3&4 Kick right foot forward, step right foot together, cross step left foot over right
5&6 Step right foot to right side, step left foot together, step right foot to right side
7-8 Rock step left foot back, recover weight on right foot

VINE LEFT 2, LEFT KICK BALL CROSS, LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER

1-2 Step left foot to left side, cross step right foot behind left
3&4 Kick left foot forward, step left foot together, step right foot over left
5&6 Step left foot to left side, step right foot together, step left foot to left side
7-8 Rock step right foot back, recover weight on left foot

RIGHT SIDE TOUCH, RIGHT CROSS OVER, LEFT SIDE TOUCH, LEFT CROSS OVER, RIGHT ROCK FORWARD & RECOVER, RIGHT COASTER STEP BACK

1-2 Touch right toes to right side, cross step right foot over left
3-4 Touch left toes to left side, cross step left foot over right
5-6 Rock step right foot forward, recover weight on left foot
7&8 Step right foot back, step left foot together, step right foot forward

LEFT SIDE TOUCH, LEFT CROSS OVER, RIGHT SIDE TOUCH, RIGHT CROSS OVER, LEFT ROCK FORWARD & RECOVER, LEFT COASTER STEP BACK

1-2 Touch left toes to left side, cross step left foot over right
3-4 Touch right toes to right side, cross step right foot over left
5-6 Rock step left foot forward, recover weight on right foot
7&8 Step left foot back, step right foot together, step left foot forward

RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT & LEFT FORWARD SHUFFLES, RIGHT & LEFT APART & TOGETHER

1-2 Step right foot forward, pivot ½ left (now facing back wall)
3&4 Step right foot forward, step left foot together, step right foot forward
Option-turn a full turn left on this shuffle
5&6 Step left foot forward, step right foot together, step left foot forward
&7&8 Step right foot out, step left foot out, step right foot in, step left foot together
Option-step right, left together on 7-8

VINE RIGHT 2, SHUFFLE, VINE LEFT 2, ¼ LEFT & SHUFFLE

1-2 Step right foot to right side, cross step left foot behind right

3&4 Step right foot to right side, step left foot together, step right to right side

5-6 Step left foot to left side, cross step right foot behind left

7&8 Turn ¼ left and step left foot forward, step right foot together, step left foot forward

Option-7: turn ¼ left and step left foot forward, touch right foot together

End facing right side wall

REPEAT
