

Swing!

拍数: 0 墙数: 4 级数: Intermediate
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音乐: Swing - Trace Adkins



Sequence: AAB AAB AAB B Tag B AAA Til the end
Section A will always face 12 & 6:00 wall, B will always face 3 & 9:00 wall

SECTION A

SYNCOPATED SIDE & STEP SWITCHES

- 1& Point left toe to left side, step left in place next to right
- 2& Step right in place next to left, step left in place next to right
- 3& Point right toe to right side, step right in place next to left
- 4& Step left in place next to right, step right in place next
- 5& Point left toe to left side, step left in place next to right
- 6& Step right in place next to left, step left in place next to right
- 7& Point right toe to right side, step right in place next to left
- 8 Step left in place next to right

SYNCOPATED ROCK STEPS, SYNCOPATED FORWARD & SIDE TOE TOUCHES, ½ RIGHT SAILOR TURN

- 1&2& Rock forward on right, step left in place, rock right back, step left in place
- 3&4& Rock forward on right, step left in place, rock right back, step left in place
- 5&6& Touch right toe forward, step left in place, touch right toe to right side, step left in place
- 7&8 Sweep right foot behind left (making ½ turn right) step right behind left, step left next to right, step right foot in place next to left

SECTION B

CROSS SIDE, SAILOR WITH HEEL DIG, STEP, CROSS, STEP & HEEL DIG, STEP & HEEL DIG WITH ¼ TURN LEFT

- 1-2 Cross right over left, step left to left side
- 3&4 Sweep & cross right behind left, step left to left side, dig right heel forward
- &5&6 Step down on right, cross left over right, step right to right side, left heel dig forward
- &7&8 Step left in place, right heel dig forward, heel pivot ¼ to left

HEEL SWITCHES, STEP, TOE TOUCH, STEP HEEL DIG, STEP, STOMP STOMP, TRAVELING HEEL TOE SPLITS TO LEFT

- 1&2 Right heel dig forward, step right in place, left heel dig forward
- &3&4 Step left in place, touch right toe back, step right in place, left heel dig forward
- &5&6 Step left in place, stomp in place right & left (slight pointing toes inwards - ready for steps 7&8)
- 7&8 While traveling left, both heels together (while toes split apart) toes pointing together - (while heels split), both heels together - (while toes split apart)

HEEL DIGS, RIGHT CHASSE, HEEL DIGS, LEFT CHASSE

- 1-2 Right heel dig twice (next to left)
- 3&4 Step right to right to ride side, close left beside right, step right to right side
- 5-6 Left heel dig twice (next to right)
- 7&8 Step left to left side, close right beside left, step left to left side

RIGHT SAILOR, ¼ TURN LEFT SAILOR TOUCH

- 1&2 Sweep right behind left, step left to left side, step right next to left

3&4 Sweep left behind right (while making $\frac{1}{4}$ turn left) step right to right side, touch left next to right (keep weight on right)

TAG

ROCK STEPS FORWARD & BACK

1-2 Rock forward on right foot, recover back on left

3-4 Rock back on right foot, recover forward on left

5-6 Rock forward on right, recover back on left

7&8 Step back on right, step left next to right, step right forward
