

The Swing

拍数: 160 墙数: 1 级数: Advanced
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音乐: The Swing - James Bonamy



- 1-8 Touch right toe forward, hold, step right back, hold, touch left toe back, hold, step left forward hold (on counts 1, 3, 5, 7- heels twist inward, on counts 2, 4, 6, 8 - heels twist outward)
- 1-4 Step right forward at 45 degrees right pushing hips forward, push hips back, push hips forward, hold
- 5-8 Step left forward at 45 degrees left pushing hips forward, push hips back, push hips forward, hold
- 1-4 Touch right toe to right side, touch right beside left, touch right toe to right side, turn $\frac{1}{2}$ turn right, step right beside left
- 5-8 Touch left toe to left side, touch left beside right, touch left toe to left side, drop left heel (feet to be apart)
- 1-4 Rock right forward across, replace weight to left, rock right to right side, replace weight to left
- 5-8 Touch right toe behind left, hold, unwind $\frac{1}{2}$ turn right, hold keeping weight on left
- 1-4 Step right across left rolling left ankle to left, replace onto left, step right to right side, hold
- 5-8 Step left across right rolling right ankle to right, replace onto right, step left to left side, hold
- 1-8 Step right across left, step left to left side, step right behind left, step left to left side, step right, across left step left to left side, step/hop right behind left, sweep left toe out to left side
- 1-4 Step left behind right rolling right ankle to right, replace onto right rolling left ankle to left, replace onto left rolling right ankle to right, hold
- 5-8 Turn $\frac{1}{4}$ turn right & step right forward, step left forward, pivot $\frac{1}{4}$ turn right, step left beside right
- 1-3 Twist heels right, twist heels left, twist heels right kicking left foot at 45 degrees left
- 4-6 Twist heels left, twist heels right, twist heels left kicking right foot at 45 degrees right
- 7-8 Rock back on right, replace weight forward to left
- 1-4 Kick right at 45 degrees right, step right across left, unwind $\frac{1}{2}$ turn left keeping weight on right, hold
- 5-8 Rock back on left, replace weight to right, touch left beside right, kick left forward
- 1-4 Step left across right, step right back, step left back at 45 degrees left, drag right towards left
- 5-8 Step right to right side, step left behind right, step right to right side, tap left beside right
- 1-4 Touch left toe to left side, turn $\frac{1}{4}$ turn left & step left beside right, touch right toe to right side, turn $\frac{1}{4}$ turn right & step right beside left
- 5-8 Rock left to left side, replace weight to right, touch left behind right, unwind $\frac{1}{2}$ turn left ending on left foot
- 1-4 Step right forward, step left beside right, step right back, step left beside right
- 5-8 Step right forward, hold, pivot $\frac{1}{2}$ turn left, hold

- 1-8 Touch right toe forward, hold, step right back, hold, touch left toe back, hold, step left forward hold (on counts 1, 3, 5, 7- heels twist inward, on counts 2, 4, 6, 8 - heels twist outward)
- 1-4 Step right forward at 45 degrees right pushing hips forward, push hips back, push hips forward, hold
- 5-8 Step left forward at 45 degrees left pushing hips forward, push hips back, push hips forward, hold
- 1-4 Touch right toe to right side, touch right beside left, touch right toe to right side, turn $\frac{1}{2}$ turn right, step right beside left
- 5-8 Touch left toe to left side, touch left beside right, touch left toe to left side, drop left heel (feet to be apart)
- 1-4 Swivel right heel left, swivel right toes left, swivel right heel left, hold
- 5-8 Traveling applejacks to right twice, traveling applejacks to left twice

Heel swivels as an easy alternative

- 1-4 Step right across left, replace weight to left, step right to right side, replace weight to left
- 5-8 Touch right toe across left, drop right heel, rock left to left side, replace weight to right
- 1-4 Step left across right, replace weight to right, step left to left side, replace weight to right
- 5-8 Touch left toe across right, drop left heel, rock right to right side, replace weight to left
- 1-8 Step right behind left, step left to left side, step right to right side. Step left behind right, step right to right side, step left to left side, step right behind left, unwind $\frac{3}{4}$ turn right ending on right foot
- 1-4 Step left forward, step right beside left, step left back, step right beside left
- 5-8 Rock forward on left, replace weight to right, turn $\frac{1}{4}$ turn left & step left to left side, drag right towards left

REPEAT

TAG

At the end of the first wall

- 1-16 Traveling applejacks to left making a full circle left - (heel swivels as an easy alternative)
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