

# Swingin'

拍数: 48      墙数: 4      级数: Improver west coast swing  
编舞者: Gerald Biggs (USA)  
音乐: Swingin' - John Anderson



## ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

1-2      Rock forward on right, rock back on left  
3&4      Step back on right, left next to right, step forward right  
5-6      Rock forward on left, rock back on right  
7&8      Step back on left, right next to left, step forward left

## CROSS & CROSS, STEP, STEP, CLAP

1&2      Step right over left, rock back on left, rock forward on right  
3-4      Step left to side, step right next to left (clap when right touches)  
5&6      Step left over right, rock back on right, rock forward on left  
7-8      Step right to side, step left next to right (clap when left touches)

## TOE TOUCHES FORWARD, COASTER STEP

1-2      Touch right toe to side, step right forward  
3-4      Touch left toe to side, step left forward  
5-6      Rock forward on right, rock back on left  
7&8      Step back on right, step left next to right, step forward right

## TRIPLE STEP FORWARD, TRIPLE STEP BACKWARDS

1&2      Triple step forward left, right, left  
3&4      Triple step forward right, left, right  
5&6      Triple step backwards left, right, left  
7&8      Triple step backwards right, left, right

## VINE LEFT, VINE RIGHT

1-2      Left to side, right behind  
3-4      Left to side, right next to left (clap when right touches)  
5-6      Right to side, left behind  
7-8      Right to side, left next to right (clap when left touches)

## COASTER STEP, JAZZ BOX, ¼ TURN RIGHT

1-2      Rock forward on left, rock back on right  
3&4      Step back on left, right next to left, step forward left  
5-6      Step right across left, step back left  
7-8      Step right to side while turning ¼ turn right, left next to right (shift weight left)

## REPEAT

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