

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
