

Swinging Party

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Heidi Noorland (NL)
音乐: Et C'est Party (Radio Edit) - Nadiya Ans Smartzee



4X HANDS UP, 4X HANDS DOWN

- 1-4 Push 4 times your hands up (above your head)
5-8 Push 4x your hands down

While you push up and down, make swinging moves with your body, so it gets a swinging party look

4X CORNER TOUCH STEPS WITH ARMS

- 1-2 Touch right foot to right forward and spread arms, step back in place cross your arms over each other in front of your body
3-4 Touch left foot left forward and spread arms, step back in place and cross your arms over each other in front of your body
5-8 Repeat 1-4

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KICK BALL CHANGE WITH RIGHT, SIDE BEHIND SIDE TO RIGHT, 2X ½ PIVOT TURN TO THE RIGHT, CROSSED ROCK STEP WITH LEFT

- 1&2 Kick right foot forward, step on the ball of the right foot besides to left, step in place with left foot
3&4 Step right foot to the right, cross left behind right, step right foot to the right
5 ½ pivot turn to the right on the ball of the right foot, step left to the left side
6 ½ pivot turn to the right on the ball of the left foot, step right to the right side
7-8 Rock step with left in front of right, weight back on right

Restart after 3rd wall

SIDE BEHIND SIDE TO LEFT, ¼ TURN LEFT, WALK LEFT RIGHT LEFT, KICK 2X RIGHT HEEL FORWARD

- 1&2 Step left to the left, cross right behind left, step left to the left
&3 Turn ¼ to the left, step right foot forward
4-6 Walk forward left, right, left
7-8 Kick right heel 2x forward

2X LEFT HEEL RIGHT STOMP STEP, TOUCH LEFT TOE BACK, ½ PIVOT TURN TO THE LEFT, WALK RIGHT LEFT

- &1 Step right back, touch left heel forward (weight on the right)
&2 Step on the ball of the left foot besides right (weight on the right), step right forward (while you stepping forward)

Your weight is on the left toe for a short time. When right foot touches the ground your weight is back on the right foot. It's like you falling forward on your right foot

&3 Step right besides left toe, touch left heel forward

While you step, weight is for a short time on left toe, when right foot touches the ground weight is back on right

&4 Step on the ball of the left foot besides right (weight on the right), step right forward

While you are stepping forward your weight is on the left toe for a short time. When right foot touches the ground your weight is back on the right foot it's like you falling forward on your right foot

5-6 Touch left toe back, ½ to the left on the ball of the right foot

7-8 Walk forward right left

STEP OUT OUT, 2X HIP BUMPS, WALK BACK RIGHT LEFT STEP OUT OUT

1-2 Step right foot right forward, step left to the left

&3 Bend a little through knees bump right hip right backwards (weight on right)

&4 Bend a little through the knees bump left hip left backwards (weight on left)

5-6 Walk backwards right, left

7-8 Step right foot right backwards, step left to the left

REPEAT

There's a break in the music in the 3rd wall. Just finish this wall (be aware of the counts because there's no music). After the 3rd wall (the music starts again) and you start the dance with count 33 (kick ball change). So the 4th wall has only 32 counts because you skip the first 32 counts. The 5th wall starts with count 1 again. Count 1 to 32 is always on the refrain of the song
