

# Swingin' Sailor

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数:  
编舞者: Jo Thompson Szymanski (USA)  
音乐: Fresh Coat of Paint - Lee Roy Parnell



## SUGARFOOT THREE TIMES

- 1 Touch right toe to instep of left
- 2 Touch right heel beside left
- 3 Cross right over left
- 4 Touch left toe to instep of right
- 5 Touch left heel beside right
- 6 Cross left over right
- 7 Touch right toe to instep of left
- & Step right beside left
- 8 Touch left toe beside right

**Allow the supporting foot to swivel naturally with weight on the ball of the foot.**

## 1 ¼ TURN LEFT, FORWARD, BACK, 2 SKIPS BACK

- 9 Step left on left, starting a full turn left
- 10 Step right on right, completing the turn
- 11 Step left on left turning ¼ left
- & Step right beside left
- 12 Step forward on left
- 13 Step forward on right bending knees and checking motion.
- 14 Step back on left
- &15 Hop on left, quickly step back on right
- &16 Hop on right, quickly step back on left

## TWO STOOGES, TURN, BALL CHANGE TOUCH, TURN SCUFF

- &17 Scoot back left, touch ball of right slightly behind left
- &18 Scoot back left, touch ball of right slightly behind left
- 19 Step right on right turning ¼ right
- 20 Turn body (diagonally to right) touch left beside right
- & Step left on ball of left
- 21 Step right in place
- 22 Touch left beside right
- 23 Step left on left turn ½ left
- 24 Scuff right heel forward

## JAZZ SQUARE & SAILOR SHUFFLES

- 25 Cross right over left
- 26 Step back on left
- 27 Step right on right
- 28 Cross left over right, bending knee allowing right to clear floor in back

**(Sounds difficult, but is just detailed description of jazz square or box, but it needs to be executed well to make sailor shuffles look good).**

- 29 Cross right behind left
- & Step left on left
- 30 Step right in place
- 31 Cross left behind right
- & Step right on right

**REPEAT**

---