The Swingin' Singles



拍数: 48 墙数: 2 级数: Intermediate

编舞者: Ron Kline (USA)

音乐: If I Don't Dance - Kelley Hunt



SUGAR PUSH, COASTER, STEP, CHUG

1-4 Facing 12:00, walk forward right, left, turning body slightly right touch right toe behind and left

of left foot, straightening body forward step back on right

Step back on ball of left, quickly step on ball of right next to left, step forward on left

7-8 Step forward on right, hitch left knee as you scoot forward on right

STEP, TOUCH, PIVOT SHUFFLE, STEP PIVOT, OUT, OUT, CLAP

9-10 Step forward on left, turning body slightly right touch right toe behind and left of left foot

11&12 Pivoting ½ turn right on left, shuffle right, left, right to 6:00

13-14 Step forward on left, on balls of both feet pivot ½ turn right (weight forward on right--back to

12:00)

&15-16 Step slightly to left on left, quickly step right to right side (weight even--feet about shoulder

width apart), hold while clapping hands

WEIGHT CHANGES WITH HIP THRUST, KICK & TOUCH, RONDE SWEEP

&17 Push hips back slightly to right, bring hips around to left side (weight on left)

18 Thrust hips forward on right angle

&19 Push hips back slightly to left, bring hips around to right side (weight on right)

Thrust hips forward on left angle
On the last four counts remain facing forward, 12:00

21&22 Kick left straight forward (12:00), quickly step left home (take weight), touch right to right side

23-24 Pivoting ³/₄ turn right sweep right toe around and bring feet together (shifting weight to right

foot) now facing 9:00

CAMEL WALK, 3/4 FORWARD TURNING VINE, KNEE SWITCHES, HOP BACK

25-26 Step forward on left, drag right foot up to behind and left of left

27-30 Moving forward to 9:00 step left angling toe to left, pivot ½ turn left on left as you step back

on right, pivot ¼ turn left as you step to left side on left -- now facing 12:00 again drag right

toe home with right knee in front of left

31 Step right in place as you raise left heel switching knee positions

Hop back slightly on left raising right foot slightly off floor

STEP, PIVOT, KICK, TOUCH, BEHIND, SIDE, CROSS, TURN

33-36 Step forward on right, pivot ½ turn left weight on left facing 6:00, kick right forward, touch

right toe to right side

37-39 Cross step right behind left, step left to left side, cross touch right over left

40 Unwind legs to face 12:00 shifting weight to right while you snap fingers of both hands

downward at sides

CROSS, TURN, COASTER, WIDE SIDE, STEP, TOUCH, CLAP

41 Cross touch left over right

42 Unwind legs to face 6:00 (new wall) keeping weight on right as you snap fingers of both

hands downward at sides

43&44 Step back on ball of left foot, quickly step back on ball of right foot next to left, step forward

on left

Step right foot wide to right side, drag left toe home

Quickly step in place on left, touch right toe to right side

REPEAT