

Switch It On

拍数: 64 墙数: 4 级数: Intermediate nightclub
编舞者: Lady Lace (UK)
音乐: Switch It On - Will Young



SIDE STRUT, CROSS STRUT, SIDE ROCK, RECOVER, CROSS, HOLD

1-2 Touch right toe to right side, heel down
3-4 Touch left toe across right, heel down
5-6 Rock right to side, recover onto left
7-8 Cross step right over left, hold

SIDE STRUT, CROSS STRUT, SIDE ROCK, RECOVER, CROSS, HOLD

1-2 Touch left toe to left side, heel down
3-4 Touch right toe across left, heel down
5-6 Rock left to side, recover onto right
7-8 Cross step left over right, hold

¼ TURN, ¼ TURN, CROSS, HOLD, ¼ TURN, ¼ TURN CROSS HOLD

1-2 Making ¼ turn left step right back, step left to side ¼ turn left
3-4 Cross step right over left, hold
5-6 Making ¼ turn right step left back, step right to side ¼ turn right
7-8 Cross step left over right, hold

FORWARD STEPS WITH CLAPS, ROCKING CHAIR

1-2 Step right forward, hold & clap
3-4 Step left forward, hold & clap
5-6 Rock right forward, recover onto left
7-8 Rock right back, recover onto left

SIDE ¼ TURN, CLAP, ¼ TURN, CLAP, SLOW FORWARD COASTER, KICK

1-2 Making ¼ turn left step right to side, hold & clap
3-4 Making ¼ turn left step left forward, hold & clap
5-8 Step forward right, step left beside right, step back right, kick left forward

2 STEP BACKS WITH KICKS, SLOWER COASTER, FORWARD LOCK STEP

1-2 Step back left, kick right forward
3-4 Step back right, kick left forward
5-7 Step left back, step right beside left, step left forward
8 Lock step right behind left

¼ TURN RIGHT, VINE ¼ TURN LEFT, HITCH ¼ TURN LEFT, ¼ TURN VINE, HITCH ¼ TURN RIGHT

1-3 Making ¼ turn right step left to side, step right behind, step left ¼ turn left
4 Hitch right turning ¼ left
5-7 Step right to side, step left behind, making ¼ turn right step right forward
8 Hitch left turning ¼ right

HEEL SWITCHES, SIDE ROCK, TOGETHER, HOLD

1-2 Touch left heel forward, step beside right
3-4 Touch right heel forward, step beside left
5-6 Rock left to left side, recover onto right
7-8 Step left beside right, hold clap

REPEAT
