

Switchback

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mary Kelly (UK)
音乐: Here Comes My Baby - The Mavericks



SLOW, QUICK CHARLESTON STEPS

1-4 Touch right forward, hold, step back on right, hold
5-6 Rock back on left, step forward in place on right
7-8 Step forward left, hold
9-18 Repeat counts 1-8

TOUCH FORWARD, HOLD, TOUCH SIDE, HOLD, TOE STRUTS FORWARD

17-18 Touch right forward, hold and clap
19-20 Touch right to right, hold and clap
21-24 Right and left toe struts forward
25-32 Repeat counts 17-32

CROSS ROCK, QUARTER TURN, HOLD, POINT, TOUCH, POINT, HOLD

33-34 Cross rock right over left, rock back in place on left
35-36 Step quarter turn right on right, hold
37-38 Touch left to left, touch left beside right
39-40 Touch left to left, hold

CROSS ROCK, QUARTER TURN, HOLD, SIDE STRUT, CLOSE STRUT

41-42 Cross rock left over right, rock back in place on right
43-44 Step quarter turn left on left, hold
45-46 Right toe strut to right side
47-48 Left toe strut beside right

SIDE STRUT, STOMP, CLAP, SLOW HEEL SWIVELS

49-50 Right toe strut to right side
51-52 Stomp left beside right, hold with one clap
53-54 Swivel both heels to left, hold
55-56 Swivel both toes to left, hold

HEEL SWIVELS, QUARTER PIVOT TURN

57-60 Swivel to left (heels, toes, heels, toes.)
61-62 Step forward right, hold
63-64 Quarter pivot left, hold

REPEAT
