

The Swizzle

拍数: 48 墙数: 2 级数: Beginner
编舞者: Amanda Peterson
音乐: Unknown



Amanda was 10 years old when she choreographed this dance.

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| 1-8 | Right toe out, tap heel on counts 2 through 8 |
| 9-16 | Left toe out, tap heel on counts 10 through 16 |
| 17-18 | Step forward onto right toe, drop right heel |
| 19-20 | Step forward onto left toe, drop left heel |
| 21-22 | Step right forward, turn ½ left |
| 23-24 | Hold for two counts |
| 25-32 | Swizzle steps forward (a swizzle step is where you step forward with your knee pointed inward and turn the knee outward as your weight goes onto that foot) |
| 33&34&35 | Grapevine right double-time |
| 36 | Hold with left heel forward |
| 37&38&39 | Grapevine left double-time |
| 40 | Hold with left heel forward |
| 41 | Step left |
| 42-44 | Slide right foot together with left |
| 45 | Step right |
| 46-48 | Slide left foot together with right |

REPEAT
