

Syncopations

拍数: 48 墙数: 2 级数: Intermediate west coast swing
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音乐: I Like It, I Love It - Tim McGraw



OUT-OUT, HOLD, IN-IN, HOLD, OUT-OUT, IN-IN, OUT-OUT, IN-IN

&1-2 Right step side right, left step side left, hold
&3-4 Right step to center, left step to center, hold. □
&5&6 Right step side right, left step side left, right step to center, left step to center
&7&8 Right step side right, left step side left, right step to center, left step to center

&-HEEL, &-TOUCH, &-HEEL, &-TOUCH, FORWARD, TRIPLE FORWARD

&1&2 Right step back, left heel touch forward, left step to center, right toe touch next to left
&3&4 Right step back, left heel touch forward, left step to center, right toe touch next to left
5-6 Right step forward, left step forward
7&8 Right step forward, left step next to right, right step forward

½ PIVOT LEFT, BALL, CHANGE

1 Pivot ½ turn left on ball of right as you swing left around behind right and step left
&2 Right step side right (and slightly back), left step in place

TOE, HEEL, CROSS, TOE, HEEL, CROSS

Weight and swivel action is on ball of left as you execute next 3 counts with right

3 Right toe touch in front of left (point right toe and knee to left)
4 Right heel touch in front of left (point right toe to right)
5 Right cross-step over left (transfer weight to right)

Weight and swivel action is on ball of right as you execute next 3 counts with left

6 Left toe touch in front of right (point left toe and knee to right)
7 Left heel touch in front of right (point left toe to left)
8 Left cross-step over right (transfer weight to left)

TAP, SLIDE, STEP, TRIPLE, FORWARD, TAP, SLIDE, STEP

1&2 Right toe tap behind left, slide back on left (small hop); right step back
3&4 Left step back, right step next to left, left step forward
5-6 Right step forward, left step forward
7&8 Right toe tap behind left, slide back on left (small hop), right step back

TRIPLE, POINT-&-POINT-&, TOE-&-HEEL-&-TOE-&-HEEL-&

1&2 Left step back, right step next to left, left step forward
3&4& Right point side right, right step to center, left point side left, left step to center
5&6& Right toe touch next to left, right step back, left heel forward, left step to center
7&8& Right toe touch next to left, right step back, left heel forward, left step to center

FORWARD, TRIPLE, SLIDE-HOP, STEP, SLIDE-HOP, STEP, TRIPLE

1-4 Right step forward, left step forward. Right step forward, left step next to right, right step forward
&5&6 Slide-hop back on right, left step back, slide-hop back on left, right step back
7&8 Left step back, right step next to left, left step forward

REPEAT