

The Tobermory Swing

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Gail Tako (CAN)
音乐: The Swing - James Bonamy



The dance starts when the artist begins his lyrics (on 25th count). Finish the dance by repeating Counts 25-32 at the end of the song.

PENDULUM SWINGS

- 1& Point right toe to the right side, step right foot home beside left
- 2& Point left toe to the left side, step left foot home beside right
- 3& Point right toe to the right side, step right foot home beside left
- 4 Point left toe to the left side

CROSS OVER, UNWIND, SHUFFLE

- 5-6 Cross left foot over right, unwind $\frac{1}{2}$ to the right (weight on left)
- 7&8 Shuffle forward right-left-right

ROCK STEP, SCISSOR SPLIT, ROCK STEP

- 9& Rock forward left, rock back home on right
- 10 Step back on left while touching right heel forward
- &11 Step back home on right, rock forward left
- &12 Step back home on right, step left foot home beside right

HEEL AND BODY TWISTS

- 13-14 With weight on balls of both feet, twist heels right (body left), twist heels left (body right)
- 15&16 Twist heels right (body left), twist heels left (body right), twist $\frac{1}{4}$ turn left with body (heels will twist right again) ending with weight on left foot

ROCKING BODY SWAYS

- 17-18 Rock right foot to right side while swaying body to right side, rock left and sway body to left side
- 19-20 Rock right and sway body to right side, rock left and sway body to left side

ROCK STEP, COASTER STEP

- 21-22 Rock forward right, rock back home on left
- 23&24 Step back right, step left together with right, step forward with right

HERRINGBONE VINES

- 25& Step left foot to left side, cross right behind left
- 26& Step left foot to left side, cross right behind left
- 27-28 Step left foot to left side, touch right heel forward
- 29& Step right foot to right side, cross left behind right
- 30& Step right foot to right side, cross left behind right
- 31-32 Step right foot to right side, touch left heel forward
- & Step left home beside right

REPEAT