

Trashy Tricks

拍数: 64 墙数: 2 级数: Improver
编舞者: Jan Wyllie (AUS)
音乐: Trashy Women - Confederate Railroad



1-2-3-4 Vine to the right right, left, right, stomp left beside right

5-6-7-8 Swivet to the right twice

Description of swivet step below dance description

9-10-11-12 Vine to the left left, right, left, stomp right beside left

13-14-15-16 Swivet to the left twice

17-18-19-20 Toe strut back on right, toe strut back on left making ½ turn left

21-22-23-24 Toe strut back on right making ½ turn left, rock/step back on left, rock forward on right

25-26-27-28 Step forward on left, kick right forward and across left, step forward on right, kick left forward and across right

29-30&31-32 Step forward on left, right leg kick ball change, step forward on right

33-34-35&36 Rock/step forward on left, rock back on right, step back on left, step right beside left, step forward on left

37-38-39-40 Step forward on right, taking 3 counts make a ½ turn left keeping weight on right (bend your knees and put some attitude into this step)

41-42-43-44 Rock/step back on left, rock forward on right, shuffle forward left, right, left

45-46-47-48 Step forward on right, taking 3 counts make a ½ turn left keeping weight on right (more attitude)

49-50-51-52 Rock/step back on left, rock forward on right, step forward on left, touch right beside left

53-54-55-56 Step right to right, step left beside right, step back on right, touch left beside right

47-58-59-60 Step left to left, step right beside left, making ¼ left rock/step forward on left, rock back on right

61-62-63-64 Making ¼ left step left to left side, touch right beside left, bump hips right, left

REPEAT

I haven't seen a swivet step around for a while. You may not know how to do it. It's one of those steps like apple jacks that we had to practice and practice. It goes like this:

RIGHT SWIVET - FEET TOGETHER

1 Take weight on right heel and ball of left foot. Swivel right toes to the right and left heel to left

2 Return feet to the 'together' position

LEFT SWIVET - FEET TOGETHER

1 Take weight on left heel and ball of right foot. Swivel left toes to the left and right heel to the right

2 Return feet to the 'together' position