

The Whip

拍数: 64 墙数: 2 级数:
编舞者: Sean Roberts (UK)
音乐: Any East Coast Swing around 160-165 bpm



VINE RIGHT, HITCH LEFT, VINE LEFT, HITCH RIGHT

1-2 Step right to right side, step left cross behind right
3-4 Step right to right side, hitch left knee
5-6 Step left to left side, step right cross behind left
7-8 Step left to left side, hitch right knee

STEP BACK RIGHT, LEFT, RIGHT, HITCH LEFT, STEP FORWARD LEFT, STOMP RIGHT THREE TIME

1-2 Step back right, left
3-4 Step back right, hitch left
5-8 Step forward left, stomp right next to left three times

ROCK FORWARD RIGHT, REPLACE LEFT, ROCK BACK RIGHT, REPLACE LEFT, (REPEAT)

1-2 Step forward right, replace weight back to left
3-4 Step back on ball of right, replace weight forward to left
5-6 Step forward right, replace weight back to left
7-8 Step back on ball of right, replace weight forward to left

STEP FORWARD RIGHT, ¼ TURN LEFT, STOMP RIGHT STOMP RIGHT, TOUCH RIGHT SIDE, RIGHT TOGETHER, RIGHT FORWARD, HOLD/CLAP

1-2 Step forward right, make ¼ turn left
3-4 Stomp right in place, twice,
5-6 Touch right to right side, touch right together in place
7-8 Touch right heel forward, hold and clap

CROSS RIGHT FRONT/SLAP, REPLACE, CROSS RIGHT FRONT/SLAP, REPLACE, CROSS RIGHT BEHIND/SLAP, REPLACE, CROSS RIGHT FRONT/SLAP, FLICK OUT RIGHT/SLAP

1-2 Cross right foot in front of left and slap with left hand, replace right next to left
3-4 Cross right foot in front of left and slap with left hand, replace right next to left
5-6 Cross right foot behind left and slap with left hand, replace right next to left
7 Cross right foot in front of left and slap with left hand
8 Make ¼ turn left on left as you turn flick right foot out right and slap with right hand

VINE RIGHT, HITCH LEFT, VINE LEFT, HITCH RIGHT

1-2 Step right to right side, step left cross behind right
3-4 Step right to right side, hitch left knee
5-6 Step left to left side, step right cross behind left
7-8 Step left to left side, hitch right knee

SYNCOPATED FORWARD AND SIDES

1&2 Touch right heel forward & replace right next to left, touch left to left side
3&4 Touch left heel forward & replace left next to right, touch right to right side

SYNCOPATED FORWARD RIGHT, LEFT, RIGHT HOLD/CLAP, STEP RIGHT PIVOT ½, STEP PIVOT ½

1& Touch right heel forward & replace right next to left,
2& Touch left heel forward & replace left next to right,
3-4 Touch right heel forward, hold and clap
5-6 Step forward right, pivot ½ turn left

7-8 Step forward right, pivot ½ turn left

SYNCOPATED SIDE RIGHT, LEFT, FORWARD RIGHT, HOLD/CLAP,

1& Point right toe to right side, replace right next to left,

2& Point left toe to left, replace left next to right

3-4 Touch right heel forward, hold & clap

REPEAT
