

City Lights Swing (P)

拍数: 32 墙数: 0 级数: Beginner
编舞者: DJ Dan (NL) & Wynette Miller (NL)
音乐: City Lights - Rick Trevino



Alt. music:-

Why don't We Just Dance by Josh Turner

Here For A Good Time by George Strait

Position: Right Open Promenade. Man's right hand is joined with lady's left hand, facing LOD. Lady's steps listed. Man's steps opposite

SHUFFLE FORWARD, ROCK STEP FORWARD; SHUFFLE BACK, ROCK STEP BACK ¼ TURN

1&2 Shuffle forward stepping right, left, right
3-4 Rock left forward, recover weight onto right
5&6 Shuffle back stepping left, right, left
7-8 Rock right back, recover weight onto left ¼ turn left

Man left hand pick up lady right hand, Open Double Hand Hold, man facing OLOD, lady ILOD

CHASSE, ROCK STEP BACK; SHUFFLE ½ TURN, ROCK STEP BACK

1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock left back, recover weight onto right

Man right hand let go lady left hand

5&6 Shuffle forward ½ turn right under man's left arm stepping left, right, left

Man facing ILOD, lady OLOD

7-8 Rock right back, recover weight onto left

CHASSE, ROCK STEP BACK; ¼ TURN SHUFFLE FORWARD, ROCK STEP FORWARD

1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock left back, recover weight onto right

5&6 Make ¼ turn left shuffle forward stepping left, right, left

Left Open Promenade, facing LOD

7-8 Rock right forward, recover weight onto left

CHASSE (CHANGE SIDES), ROCK STEP BACK; SHUFFLE FORWARD, WALK, WALK LET GO INSIDE HANDS, CHANGE SIDES MAN BEHIND LADY

1&2 Step right to right side, step left next to right, step right to right side

Right Open Promenade

3-4 Rock left back, recover weight onto right

5&6 Shuffle forward stepping left, right, left

7-8 Walk forward stepping right, left

REPEAT