

Swttch-A-Roo

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Shaz Walton (UK) - March 2005
音乐: Switch - Will Smith : (CD: Lost & Found)



Rock & Point &

Point Hitch

Heel, Hold,

Hitch Heel,

Hitch Rock &

Scuff Hitch 1/4

1& Rock Back

Right. Recover
on Left.

2& Point Right

to right side.

Step right

beside left.

3& Point left to

left side. **Hitch

left.

4 Touch left

heel forward.

5& Hold. Hitch

left.

6& Touch left

heel forward.

Hitch left

7& Rock back

on left. Recover

on right.

8& Scuff left

forward. Make a

1/4 turn right as

you hitch left

leg.

Lazy weave

with 1/4 turn.

Step Pivot 1/2 &

Step Pivot 1/2 &

Cross & Heel.

1 Step left to left
side

2 Cross right
behind left

3 Make 1/4 turn
left stepping left
forward.

4 Step right
forward.

5 Make a 1/2
turn left.

(Weight on
right)

&6 Step left
beside right.
Step right
forward.

7 Pivot 1/2 turn
left.

&8&1 Step left
beside right.
Cross right over
left. Step left
beside right,
Touch right heel
forward

Note: My
definition of a
lazy weave is to
keep your
knees bent,
drag your feet &
slouch your
shoulders.

I Am sure there
is a correct term
for this styling,
so if any one
knows, please
let me know!

**Hold. Hips &
Hips. Step.
Drop. Cross. 1/4
turn. Run 1/2
turn right.**

2 Hold.

&3 Push hips
forward. Push
hips back

&4 Push hips
forward. Push
hips back

&5 Step right
beside left.

Bend knees as
you cross step
left over right.

6 Make 1/4 turn
right stepping
right forward.

7&8 Making
small steps run
1/2 turn right
stepping- left-
right-left. (Or
shuffle 1/2 turn
right)

**Point Side &
Forward & Side,
Hitch, Cross,
Side, Behind,
1/4 turn, 1/4
turn, Heel/toe
swivel.**

1& Point right to
right side. Step
right beside left.

2& Touch left
toe forward.
Step left beside
right.

3&4 Point right
to right side.

Hitch right.*

Cross step right
over left.

&5 Step left to
left side. Cross
step right
behind left.

6-7 Step left a
1/4 turn left.

Step right 1/4
turn left keeping
feet slightly
apart

&8 Swivel right
toe right as left
heel swivels left.

(Look right)

Return to
centre.

**Sorry For 2
restarts. It had
to be done to fit
exactly with the
track.**

1st restart
happens during
the 6th
repetition. You
will be facing
the home wall at
time of restart

Dance to the
4th section:

3&(4) Switch
right to right
side . Hitch

right.* Touch
right beside left.

Start the dance
again.

2nd restart
happens during
the 8th
repetition if you
will be facing
the 3 o'clock
wall.

Dance:

1& Rock Back
Right. Recover
on Left.

2& Point Right
to right side.

Step right
beside left.

3& (4) Point left
to left side.

Hitch left. **

Step left beside
right.

Start the dance
again
