

Swingin' Two Step

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Hazel Pace (UK) - May 2008
音乐: Break Away - Scooter Lee



Music:

Breakaway by Scooter Lee. (BPM 87/174) 32 Count Intro.

Moving Up by Scooter Lee. (BPM 90/180) 8 Count Intro.

Jumpin' From Six To Six by Colin James. (BPM 96/192) 8 Count Intro.

(1 – 8) Toe Strut, Rock Recover, Side Behind 1/4 Left, HOLD.

- 1 – 2 Touch right toe to right side, drop right heel.
- 3 – 4 Rock back on left, recover on right.
- 5 – 6 left to left side, right behind left.
- 7 – 8 Make 1/4 turn left stepping forward on left, HOLD.

(9 – 16) Step 1/4 Left, Cross Strut, Side Strut, Cross Strut.

- 1 – 2 Step forward on right, make 1/4 turn left with weight on left.
- 3 – 4 Cross right toe over left, drop right heel. (Toe strut facing left diagonal).
- 5 – 6 Touch left toe to left side, drop left heel.
- 7 – 8 Cross right toe over left, drop right heel.

(17 – 24) Rock Recover, 1/4 Turn Right, HOLD, Step Lock Step, HOLD.

- 1 – 2 Rock left to left side, make 1/4 turn right with weight on right. (9.00)
- 3 – 4 Step forward on left, HOLD.
- 5 – 6 Step forward on right, lock left behind right.
- 7 – 8 Step forward on right, HOLD.

(25 – 32) Mambo 1/2 Turn Left, HOLD, Step Lock Step, HOLD.

- 1 – 2 Rock forward on left, recover on right.
- 3 – 4 Make 1/2 turn left stepping forward on left, HOLD.
- 5 – 6 Step forward on right, lock left behind right.
- 7 – 8 Step forward on right, HOLD.

(33 – 40) Step Forward Touch X 2 Clap, Step Back Touch X 2 Clap.

- 1 – 2 Step forward on left, touch right slightly behind left clap.
- 3 – 4 Step forward on right, touch left slightly behind right clap.
- 5 – 6 step back on left, touch right beside left clap.
- 7 – 8 Step back on right, touch left beside right clap.

(41 – 48) Side Together Side HOLD, Rock Recover Side HOLD.

- 1 – 2 Step left to left side, right beside left.
- 3 – 4 Left to left side, HOLD.
- 5 – 6 Cross rock right over left, recover on left.
- 7 – 8 Step right to right side, HOLD.

(49 – 56) Cross Side Behind, 1/4 Turn Right, Step Forward Left, Make 1/4 Turn Right, Cross, HOLD.

- 1 – 2 Cross left over right, right to right side.
- 3 – 4 Left behind right, make 1/4 turn right stepping forward on right. (6.00)
- 5 – 6 Step forward on left, 1/4 pivot turn right. (9.00)
- 7 – 8 Cross left over right, HOLD.

(57 – 64) Rock Recover Cross, HOLD, Make 1/2 Hinge Turn Right, HOLD.

- 1 – 2 Rock right to right side, recover on left.
 - 3 – 4 Cross right over left, HOLD.
 - 5 – 6 Make 1/4 turn right stepping back on left, make 1/4 turn right stepping right to right side.
 - 7 – 8 Cross left over right, HOLD. (3.00)
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