

Sweet Thing

拍数: 32 墙数: 4 级数: Advanced Beginner
编舞者: William Sevone (UK) - March 2004
音乐: My Man, A Sweet Man - Millie Jackson : (Album: Greatest Hits / Many Compilations)



Choreographers note:- Still as fresh today as it was in 1972.. and still very much available.
Ideally suited for Advanced Beginners within the New Levels.

A varied array of alternate music is available at the bottom of the dance sheet

A general note: A Push Step is similar to a Rock Step – except that the dancer is leaning ‘backward’.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on the vocals. with feet together and weight on the left foot.

2x Soft Shoe Shuffle. Walk Fwd: R-L. Push Step (12:00)

- 1&2 (on the spot) Step right slightly across & in front of left, step left back slightly, slide right back to left toe.
3&4 (on the spot) Step left slightly across & in front of right, step right back slightly. slide left back to right toe.
5 – 6 Walk forward: Right. Left.
7 – 8 (leaning backward) Step forward onto right foot. Step onto left foot.

1/4 Right Chasse. 1/2 Right Chasse. 1/4 Right Bwd Push Step. Cross. Bwd (12:00)

- 9& 10 Turn ¼ right & Chasse right (RL-R) (3)
11& 12 Turn ½ right & Chasse left (LR-L) (9)
13 – 14 Turn ¼ right & step backward onto right foot. Step onto left foot.
15 – 16 Cross step right foot over left. Step backward onto left foot.

2x Shuffle. Push Step. Side Rock. Rock (12:00)

- 17& 18 Shuffle forward (RL-R)
19& 20 Shuffle forward (LR-L)
21 – 22 (leaning backward) Step forward onto right foot. Step onto left foot.
23 – 24 Rock step right foot to right side. Rock onto left foot.

3x Sailor. Behind. Unwind 3/4 Left (3:00)

(the following Sailors are moving backward)

- 25& 26 Cross step right foot behind left, step left foot to left side, step right foot slightly backward.
27& 28 Cross step left foot behind right, step right foot to right side, step left foot slightly backward.
29& 30 Cross step right foot behind left, step left foot to left side, step right foot slightly backward.
31 – 32 Cross step left foot behind right. Unwind ¾ left (weight on left foot).

Option for section 4: counts 25 to 30

- 25& 26 (short steps) Shuffle backward (RL-R)
27& 28 (short steps) Shuffle backward (LR-L)
29& 30 (short steps) Shuffle backward (RL-R)

Other suggested music:

Perry Como - Magic moments (102 bpm)

Lee Ann Womack - You've got to talk to me (110 bpm)

Damon Shawn - Feel the need in me (124 bpm)

Frank Wilson or

Chris Clarke - Do I love you (deed I do) (132 bpm)

Trammps - Zing went the strings of my heart (132 bpm)

Kentucky Headhunters - Singing the blues (136 bpm)

Frankie Valli - You're ready now (138 bpm)

Jimmy James - A man like me (138 bpm)

Ramsey Lewis Trio - Wade in the water (138 bpm)

Donnie Elbert - I can't help myself (140 bpm) – Highly recommended

Kentucky Headhunters - Party Zone (144 bpm)
