

Umbrella Swing

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Phrased Easy Intermediate
编舞者: Ria Vos (NL) & Patricia Brandenburg (NL) - March 2010
音乐: Umbrella - The Baseballs : (Album: Strike!)



Intro: 16 counts

Sequence: A, B, A, B, A, B, A(16 counts), B

Part A:

Step, Pivot ½ Turn R, Step, Kick-Ball-Step, Pivot ¼ Turn R, Cross, Kick-Ball-Cross

1-2-3 Step Fwd on L, Pivot ½ Turn Right, Step Fwd on L (6:00)
4&5 Kick R Fwd, Step R Next to L, Step Fwd on L
6-7 Pivot ¼ Turn R, Cross L Over R (9:00)
8&1 Kick R to Right Diagonal, Step R Next to L, Cross L Over R

Back, Side, Cross Shuffle, Back, Side, Cross Shuffle

2-3 Step Back on R, Step L to Left Side
4&5 Cross R Over L, Step L to Left Side, Cross R Over L
6-7 Step back on L, Step R to Right Side
8&1 Cross L Over R, Step R to Right Side, *** Cross L Over R

***Dance upon this point on last Part A and start again with Part B (12:00)

Monterey ¼ Turn R, Side Rock-Cross (x2)

2-3 Point R to Right Side, ¼ Turn Right Stepping R Next to L (12:00)
4&5 Rock L to Left Side, Recover on R, Cross L Over R
6-7 Point R to Right Side, ¼ Turn Right Stepping R Next to L (3:00)
8&1 Rock L to Left Side, Recover on R, Cross L Over R

Side Rock, Behind, ¼ Turn L, Step, Rock Fwd, Rec., Step Back, Together

2-3 Rock/Lunge R to Right Side, Recover on L
4&5 Step R Behind L, ¼ Turn Left Step Fwd on L, Step Fwd on R (12:00)
6-7 Rock Fwd on L, Recover on R
8& Step Back on L, Step R Next to L

Part B:

Cross, Tap, Back, Kick/Sweep, Sailor, Cross, Tap, Back, Kick/Sweep, Sailor ¼ Turn R

1&2& Cross L Over R, Tap R toe Behind L Heel, Step Back on R, Kick L to Left Diag.
3&4 Sweep and Cross L Behind R, Step R to Right Side, Step L to Left Side
5&6& Cross R Over L, Tap L toe Behind R Heel, Step Back on L, Kick R to Right Diag.
7&8 Sweep and Cross R Behind Left, ¼ Turn Right Step L Next to R, Step Fwd on R (3:00)

Lock Step Fwd, Mambo, Sweep, Behind-Side-Step, Paddle ¼ Turn L x2

1&2 Step Fwd on L, Lock R Behind L, Step Fwd on L
3&4 Rock Fwd on R, Recover on L, Step Back on R Sweeping L from front to back
5&6 Cross L Behind R, Step R to Right Side, Step Fwd on L
7&8& Turn ¼ Left on ball of L, Point R to Right Side, Repeat (9:00)

Kick, Cross, Side Rock, Kick, Cross, Side Rock, Cross, ¼ Turn R, Chasse R

1&2& Kick R Fwd, Cross R Over L, Rock L to Left Side, Recover on R
3&4& Kick L Fwd, Cross L Over R, Rock R to Right Side, Recover on L
5-6 Cross R Over L, ¼ Turn R Step Back on L (12:00)
7&8 Step R to Right Side, Step L Next to R, Step R to Right Side

Kick & Kick &, Cross Rock, ¼ Turn L, Pivot ½ Turn L, Triple Full Turn L

- 1&2& Kick L to Right Diag., Step L Next to R, Kick R to Left Diag., Step R Next to L
3&4 Cross Rock L Over R, Recover on R, ¼ Turn Left Step Fwd on L (9:00)
5-6 Step Fwd on R, Pivot ½ Turn Left (3:00)
7&8 ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L, Step Fwd on R (3:00)

(Easy option counts 7&8: R Shuffle Fwd)

Rock Fwd, Back-Hitch, Back-Touch, Back-Hitch, Toe Struts, Side Rock ¼ Turn, Step

- 1&2& Rock Fwd on L, Recover on R, Step Back on L to Left Diag., Hitch R
3&4& Step R Back to Right Diag., Touch L Next to R, Step L Back to Left Diag., Hitch R
5&6& Step on R Toe to Right Side, Drop R Heel, Cross L Toe Over R, Drop L Heel
7&8 Rock R to Right Side, ¼ Turn Left Recover on L, Step Fwd on R (12:00)

Pivot ½ Turn R, Step, Lock Step Fwd, Step Pivot ¼ Turn R, Side-Together-Fwd

- 1&2 Step Fwd on L, Pivot ½ Turn Right, Step Fwd on L (6:00)
3&4 Step Fwd on R, Lock L Behind R, Step Fwd on R
5&6 Step Fwd on L, Pivot ¼ Turn R, Cross L Over R (9:00)
7&8 Step R to Right Side, Step L Next to R, Step Fwd on R

Ending: After last Part B dance the following counts:

- 1-2 Step Fwd on L, Hold
3-4 Bounce Heels twice turning ¼ Right to end facing front wall

Note: The Steps are written in Half-time
