

Everybody Swing

拍数: 48 墙数: 2 级数: Beginner ECS
编舞者: Niels Poulsen (DK) - May 2010
音乐: It's Chitlin' Time - Dancelife : (On Albums: Dancelife - Very Best Part 10. Or
Dancelife - Rock This Town)



Alt. Music: It's chitlin' time by The Kentucky Headhunters.
On albums: Electric Barnyard OR The best of the Kentucky Headhunters.

NOTE: This is a floor-split to my own easy intermediate dance 'Swing time' ;-))

Into:

Dancelife track: 32 counts from first beat in music (app. 17 seconds into track)

Kentucky track: 32 counts from first beat in music (app. 20 seconds into track)

(1 – 8) Kick R fw, kick R to R side, R coaster step, Repeat steps with L

1 – 2 Kick R foot fw (1), kick R foot to R side (2) [12:00]
3&4 Step back on R (3), step L next to R (&), step fw on R (4)
5 – 6 Kick L foot fw (5), kick L foot to L side (6)
7&8 Step back on L (7), step R next to L (&), step fw on L (8)

(9 – 16) Shuffle R fw, step ½ R, shuffle L fw, step ½ L

1&2 Step fw on R (1), step L next to R (&), step fw on R (2) [12:00]
3 – 4 Step fw on L (3), turn ½ R stepping onto R (4) [6:00]
5&6 Step fw on L (5), step R next to L (&), step fw on L (6)
7 – 8 Step fw on R (7), turn ½ L stepping onto L (8) [12:00]

(17 – 24) R kick ball change, stomp R fw, Hold with clap, Repeat steps with L

1&2 Kick R fw (1), step R next to L (&), change weight to L (2)
3 – 4 Stomp R foot fw (3), Hold and clap hands at chest height (4)
5&6 Kick L fw (5), step L next to R (&), change weight to R (6)
7 – 8 Stomp L foot fw (7), Hold and clap hands at chest height (8)

(25 – 32) Stomp R fw, Hold, stomp L fw, Hold, shuffle R fw, shuffle L fw

1 – 2 Stomp R foot fw (1), Hold (2) (Option: on wall 3, 4 and 5 do a R toe strut in stead)
3 – 4 Stomp L foot fw (3), Hold (4) (Option: on wall 3, 4 and 5 do a L toe strut in stead)
5&6 Step fw on R (5), step L next to R (&), step fw on R (6) – small steps!
7&8 Step fw on L (7), step R next to L (&), step fw on L (8) – small steps! [12:00]

(33 – 40) Paddle ¼ L X 2, R jazz box, L cross

1 – 2 Step fw on R (1), turn ¼ L stepping onto L (2) [09:00]
3 – 4 Step fw on R (3), turn ¼ L stepping onto L (4) [06:00]
5 – 6 Cross R over L (5), step back on L (6)
7 – 8 Step R to R side (7), cross L over R (8)

(41 – 48) R chasse, L back rock, L chasse, R back rock

1&2 Step R to R side, (1), step L next to R (&), step R to R side (2)
3 – 4 Rock back on L (3), recover on R foot (4)
5&6 Step L to L side, (5), step R next to L (&), step L to L side (6)
7 – 8 Rock back on R (7), recover on L foot (8) [06:00]

Begin again!...

Ending The music finishes on count 16 on wall 6 (facing 6:00). However, leave out the ½ L and stomp fw on L to finish facing 12:00. ;-)) [12:00]

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