

Ibiza Swing

拍数: 176 墙数: 1 级数: Phrased Intermediate
编舞者: Leong Mei Ling (MY) - March 2012
音乐: Ibiza Swing - Dirk Daniels



Sequence: [ABC, A(32cts)BC, AABC*C]

Note: Don't let the phrasing & long stepsheet put you off the dance. It's really not as complicated as it looks in print :)

INTRO: (32 counts)

[1-8] SIDE, SIDE, SIDE TOGETHER SIDE

1-4 Step R to side, hold, step L to side, hold
5-8 Step R to side, close L beside R, step R to side, hold

[9-16] SIDE, SIDE, SIDE TOGETHER SIDE

1-4 Step L to side, hold, step R to side, hold
5-8 Step L to side, close R beside L, step L to side, hold

[17-24] KICK, BACK, BACK ROCK STEP

1-4 Kick R forward, hold, Step R back, hold
(optional: kick R forward on 1-2, small hop forward on L kick R back on 3, step R back on 4)
5-8 Step L back, recover R, step L forward, hold

[25-32] Repeat steps 17-24

SECTION A (64 counts)

[1-8] STEP CROSS STEP CROSS STEP

1-4 (Moving diagonally towards 1:30) Step R diagonally fwd, hold, cross L over R, hold
5-8 Step R diagonally forward, cross L over R, step R diagonally forward, hold [1:30]

[9-16] DIAGONAL BACK, SYNCOPATED JAZZ BOX

1-4 Step L back to left diagonal [7:30], hold, cross R over L, hold
5-8 Step L back (squaring to 12:00), step R to right, step L forward, hold

[17-24] KICK, BACK, BACK ROCK STEP

1-4 Kick R forward, hold, Step R back, hold
(optional: kick R forward on 1-2, small hop forward on L kick R back on 3, step R back on 4)
5-8 Step L back, recover R, step L forward, hold

[25-32] KICK, BACK, BACK ROCK STEP

(Repeat steps 17-24)
[For A (32cts), dance up till this point and restart with Section B]

[33-40] CROSS, SIDE, WEAVE

1-4 Cross R over L, hold, Step L to side, hold
5-8 Step R behind L, step L to side, cross R over L, hold

[41-48] STEP TOUCH, POINT, TOUCH, SIDE, POINT BEHIND

1-4 Step L to left, touch R beside L, point R out to right, touch R beside L
5-8 Big step R to right, hold, touch L behind R, hold

[49-56] SWIVEL WALKS

1-4 Step L forward to left diagonal, hold, swivel on weighted foot (L) and step R forward to right diagonal, hold

5-8 Swivel on weighted foot and step L, step R, step L, hold (moving progressively fwd)

[57-64] ROCK RECOVER BACK, COASTER STEP, CLOSE

1-4 Rock R forward, recover to L, step R back, hold

5-8 Step L back, step R beside L, step L forward, hold

SECTION B (48 counts)

[1-8] SIDE, SIDE, SIDE TOGETHER SIDE

1-4 Step R to side, hold, step L to side, hold

5-8 Step R to side, close L beside R, step R to side, hold

[9-16] SIDE, SIDE, SIDE TOGETHER SIDE

1-4 Step L to side, hold, step R to side, hold

5-8 Step L to side, close R beside L, step L to side, hold

[17-24] HEEL DIG, 1/4 RIGHT BACK, COASTER STEP

1-4 Dig R heel across L, (with weight on the heel) swivel 1/4 right, step L back, hold

5-8 Step R back, close L beside R, step R forward, hold

[25-32] ROCK RECOVER BACK, SIDE ROCK CROSS

1-4 Rock L forward, recover to R, step L back, hold

5-8 Rock R to right, recover to L, cross R over L, hold

[33-40] SIDE ROCK CROSS, ROCK RECOVER BACK

1-4 Rock L to left, recover to R, cross L over R, hold

5-8 Rock R forward, recover to L, step R back, hold

[41-48] TURN SHOULDERS 1/4 RIGHT, 1/2 LEFT, FULL TURN, STEP

1-2 Twist/turn upper body 1/4 right, hold [6:00]

3-4 Twist/turn upper body 1/2 left, hold [12:00]

5-6 Place weight on L (which will be your standing foot) make a full turn right, (R foot is slightly hitched and tucked close to left)

7-8 Step R to side (R knee slightly bent), hold [12:00]

SECTION C (64 counts)

[1-8] KICK, KICK, SAILOR STEP

1-4 Kick L across R, hold, kick L to left diagonal, hold

5-8 Step L behind R, step R to side, step L to side (angled slightly to 10:30), hold

[9-16] KICK, KICK, SAILOR STEP

1-4 Kick R across L, hold, kick R to right diagonal, hold

5-8 Step R behind L, step L to side, step R to side (angled slightly to 1:30), hold

[17-24] STEP TOUCH ("put your hands in the air"), STAMP FEET ("stamp your feet on the floor")

1-2 (Body still angled to 1:30) Step L to side (towards 12:00), hold

3-4 Touch R beside L, hold

(hand styling for 1-4: swing R & L from hip level crossing each other slightly below the chest and ending up above the head in a 'V')

5-8 (hands down) stomp R (x2) (progressively squaring back to 12:00)

[25-32] RIGHT-LEFT HIP CIRCLES, HIP BUMPS ("circle your hips like you've never done before")

1-2 Step R to side push hips diagonal right and around

3-4 Step L to side push hips diagonal left and around

5-8 Circle hips CW one full circle (or 2 quick ones if you wish), hold (weight on R)

(alternatively for 5-8: Bump hips R&R, hold)

[33-40] SHIMMIES LEFT, BACK CROSS BACK

1-4 Step L to side shimmy shoulders (1-2), touch R beside L & clap (3), hold

5-8 (face still looking towards 12:00) 1/4 right step R to side, cross L over R, step R to side, hold

(optional hand styling: extend arms straight out at a diagonal plane, R reaching to 10:00, L reaching to 7:00; as the feet cross, bring in your arms and cross them in front of your body; extend them again as before as you step back)

[41-48] SHIMMIES LEFT, SIDE TOGETHER SIDE

1-4 (face back to 12:00) Step L to side shimmy shoulders (1-2), touch R beside L (3), hold

5-8 Angle body 1/8 left, step R forward, close L beside R, step R forward, hold

[optional hand styling for 5-8: both hands push forward and up to 12:00, recover a little towards body, and push forward again)

[49-56] OUT, OUT, ELVIS KNEE, SWIVELS, STEP TOUCHES BACK

&1-4 (Facing 12:00) Step L to side (&), step R to side(1), raise both hands from hips in a semi-circle on respective sides, till over head level (2-4)

(optional: look up as hand go up)

5-8 Bend right knee in towards L & hands down to sides (5), hold for 3 counts

(optional: look forward at 5)

[57-64] HIP BUMPS, STEP TOUCHES BACK

1-4 (Weight on L, R knee still bent) bumping hips R-L-R (1-3), bring R towards L (4)

(optional: swivel your R heel to aid the hip bumps and snap fingers of R hand, moving in tandem with the bumps for added styling)

5-8 Step R diagonally back, touch L beside, step L diagonally back, touch R beside [10:30]

(C*: to facilitate dancing the C section again at this point, step R beside L for count 8)

HAVE FUN!! :)
