

Swing Thing-A-Ling

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Christina Johnsson (SWE) & Urban Danielsson (SWE) - January 2013
音乐: Mood Swing Thing-A-Ling - Sally Burgess : (CD: Reach for the Rhythm)



16 counts intro, starts on vocal (available at Itunes)

Tag / Restart: There is one Restart during wall 4.

Section 1: Cross toes touch and small step forward x 4

1-2 Touch right toes in front of left foot, step right foot small step forward
3-4 Touch left toes in front of right foot, step left foot small step forward
5-6 Touch right toes in front of left foot, step right foot small step forward
7-8 Touch left toes in front of right foot, step left foot small step forward

Section 2: Run x 3, hold, step ½ pivot, step forward

9-10 Step right small step forward, step left small step forward
11-12 Step right small step forward, hold
13-14 Step left forward, ½ pivot turn right step down on right foot (6:00)
15-16 Step left foot forward, hold

Section 3: ½ turn x 2, step forward, hold, kick-ball-point, hold

17-18 ½ turn left step right back, ½ turn left step left forward
19-20 Step right foot forward, hold

Easy option: Counts 17-20: Run, run, run, hold

[17-20] Step right small step forward, step left small step forward, Step right small step forward, hold

21-22 Kick left foot forward, step down on left next to right
23-24 Point right toes to right side, hold

Section 4: Jazz box, Dwight swivels to right

25-26 Cross right over left foot, step back on left foot
27-28 Step right to right side, step left next to right
29-30 Swivel left heel right touching right toes beside left, swivel left toes right touching right heel diagonally forward right
31 - 32 Swivel left heel right touching right toes beside left, swivel left toes right touching right heel diagonally forward right

Restart: Restart the dance from the beginning on wall 4.

Easy option: Counts 29-32: Vine right, step cross

[29-32] Step right to right, step left behind right, step right to right, step left across in front of right

Section 5: Side rock-recover, step cross, hold, ¼ turn right x 2, step cross, hold

33-34 Rock right to right side, recover weight onto left
35-36 Step right foot across in front of left, hold
37-38 ¼ turn right step back on left foot, ¼ turn right step side on right foot (12:00)
39-40 Step left foot across in front of right, hold

Section 6: Monterey ¼ right, kick, hook, kick, flick

41-42 Point right toes to right side, ¼ turn right step right next to left foot (3:00)
43-44 Point left toes to left side, step left foot next to right
45-46 Kick right foot forward, hook right foot over left
47 - 48 Kick right foot forward, flick right foot back

Easy option: Counts 45-48: Heel dig, hook, heel dig, flick

[45-48] Dig right heel forward, hook right over left, dig right heel forward, flick right back

RESTART and ENJOY!

Ending: Jazz box ¼ turn right, point, touch, point and pose

On wall 9 replace section 4 with the following steps:

25–26 Cross right over left foot, step back on left foot

27–28 Turn ¼ right step right to right side, step left next to right (12:00)

29–30 Point right toes to right side, touch right next to left

31–32 Point right toes to right side, hold and pose

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