#### **Swiss Park**



拍数: 64 增数: 2 级数: Advanced Beginner - Two-Step

编舞者: Henry Costa (USA) - January 2013

音乐: If I Ever Get to Saginaw Again - The Monkees: (CD: Missing Links Volume 2)



## FORWARD (SLOW), HOLD, FORWARD (SLOW), HOLD, FORWARD (QUICK) 1/4 TURN LEFT (QUICK) CROSS RIGHT IN FRONT OF LEFT (SLOW), HOLD

1-4 Forward Right, Hold, Forward Left, Hold

5-8 Forward Right, ¼ Left with left foot, Cross Right in Front of Left, Hold (weight on right)

# BACK 1/4 TURN RIGHT (SLOW), HOLD, 1/4 TURN RIGHT (SLOW), HOLD, LEFT NEXT TO RIGHT (QUICK), ½ TURN RIGHT (QUICK), LEFT NEXT TO RIGHT (SLOW), HOLD

1-4 ¼ turn right, stepping back with left, Hold, ¼ turn right turning with right, Hold 5-8 Left next to right, ¼ turn right with right, left next to right, Hold (weight on left)

# SIDE (SLOW), HOLD, TOGETHER(SLOW), HOLD, BACK RIGHT(QUICK) BACK LEFT(QUICK) BACK RIGHT(SLOW), HOLD

1-4 Side right, Hold, Left next to right, Hold

5-8 Back Right, back Left, Back right, Hold (weight on right)

# SIDE (SLOW), HOLD, TOGETHER (SLOW), HOLD, FORWARD LEFT (QUICK) FORWARD RIGHT(QUICK) FORWARD LEFT(SLOW), HOLD

1-4 Side Left, Hold, right next to left, Hold

5-8 forward left, forward right, forward left, Hold (weight on left)

# CROSS RIGHT (SLOW), HOLD, BACK WITH LEFT (SLOW), HOLD, ¼ TURN RIGHT (QUICK), FORWARD LEFT (QUICK), POINT SIDE RIGHT WITH RIGHT (SLOW), HOLD

1-4 Cross right in front of left, Hold, step back with left, Hold

5-8 1/4 Turn right with right, Forward Left, Point side right with right (weight on left), Hold

# CROSS RIGHT (SLOW), HOLD, BACK WITH LEFT (SLOW), HOLD, ¼ TURN RIGHT (QUICK), FORWARD LEFT (QUICK), POINT SIDE RIGHT WITH RIGHT (SLOW), HOLD

1-5 Cross right in front of left, Hold, step back with left, Hold

5-8 1/4 Turn right with right, Forward Left, Point side right with right (weight on left), Hold

# DROP WEIGHT ON RIGHT (SLOW), HOLD, RECOVER LEFT(SLOW), HOLD, (Triple half turn right) CROSS BEHIND (QUICK) SIDE LEFT(QUICK) CROSS IN FRONT (SLOW), HOLD

1-4 Drop weight down on right from toe touch, Hold, Recover back on Left, Hold

5-8 Cross right behind left, step side left, cross right in front of left, Hold (weight on right)

# SIDE LEFT (SLOW), HOLD, RECOVER RIGHT (SLOW), HOLD, [LEFT ½ SAILOR STEP WITH FORWARD STEP] LEFT BEHIND (QUICK), ½ TURN LEFT(QUICK), SLIGHTLY FORWARD LEFT (QUICK), HOLD

1-4 Step side left, Hold, recover right, Hold

5-8 Cross left behind, ½ turn left stepping down on right, slightly forward left, Hold (weight on

left)

#### **BEGIN AGAIN!**

Choreographers note: For teaching/dancing: if the dance is broken down into patterns of 8 beats with "quick" getting 1 beat and "slow" getting 2 beats the two step rhythm breakdown of the dance for each set of 8 would be: (1-8) slow, slow, quick, quick, slow (9-16) slow, slow, quick, quick, slow (17-24) slow, slow, quick, quick, slow (25-32) slow, slow, quick, glow (33-40) slow, slow, quick, quick, slow (41-48) slow, slow, quick, quick, slow (57-64) slow, slow, quick, quick, slow (total 64 cts)

Official web site: Mr. Hopping Mad! Henry Costa's Line Dance Page - henrycosta.freeyellow.com

Contact - email: henrycosta@hotmail.com

Official Facebook Page: Mr. Hopping Mad Henry Costa

Official YouTube Page: Mr. Hopping Mad's Channel - www.youtube.com/user/MrHoppingMad