Swing It Again!



拍数: 96 墙数: 2 级数: Phrased Improver

编舞者: Darren Bailey (UK) - April 2013 音乐: Swing It Again - Jumpin'up



Pattern: A, B, A, B, A, B, A, A, B, A.

Part A. - 48 counts

Stomp R, swivel L heel, toe, heel, stomp L, swivel R heel, toe, heel.

1-2	Stomp Rf forward to R diagonal, swivel L heel towards R heel
3-4	Swivel L toe towards R heel, swivel L heel towards R heel
5-6	Stomp Lf foot forward to L diagonal, swivel R heel towards L heel
7-8	Swivel R toe towards L heel, swivel R heel towards L heel

Step R to Diagonal, touch, Step L to L diagonal, touch, Walk back R, L, R, close.

1-2	Step Rf forward on R diagonal, touch Lf next to Rf
3-4	Step Lf forward on L diagonal, touch Rf next to Lf
5-6	Step back on Rf, step back on Lf
7-8	Step back on Rf, close Lf next to Rf

Vine R with 1/2 turn R and hitch. Vine L with R touch back

1-2	Step Rf to R side, cross Lf behind Rf
3-4	Turn ¼ R and step Rf forward, turn ¼ R and hitch L knee
5-6	Step Lf to L side, cross Rf behind Lf
7-8	Step Lf to L side, touch R toe behind Lf

Vine R with 1/2 turn R and hitch, Vine L with R touch back

Rf to R side, cross Lf behind Rf
4 R and step Rf forward, turn ¼ R and hitch L knee
f to L side, cross Rf behind Lf
f to L side, touch R toe behind Lf

Twist to R, Heels, toes, heels, hold, Twist to L, Heels, toes, heels, hold.

1-2	Twist both heels to R, twist both toes to R
3-4	Twist both heels to R, hold
5-6	Twist both heels to L, twist both toes to L
7-8	Twist both heels to L, hold

Step R, Hook behind, Step L, Hook in front, Step R, hook infront, Step L hook behind.

1-2	Step Rf to R side, hook Lf behind R knee
3-4	Step Lf to L side, hook Rf in front of L knee
5-6	Step Rf to R side, hook Lf in front of R knee
7-8	Step Lf to L side, hook Rf behind L knee.
End of A.	·

Part B. - 48 counts

Walk to R diagonal, with Heel split.

Walk to It diagonal, with Floor Split.	
1-2	Walk forward to R diagonal with Rf, Walk forward to R diagonal with Rf
3-4	Walk forward to R diagonal with Rf, Walk forward to R diagonal with Rf
5-6	Make a 1/8 turn R stepping forward on Rf, close Lf next to Rf
7-8	Split both heels open, close both heels (weight ends on Lf)

Walk back to L diagonal, with Toe split.

1-2	Walk back to L Diagonal with Rf, Walk back to L diagonal with Lf
3-4	Walk back to L Diagonal with Rf, Walk back to L diagonal with Lf
5-6	Make a 1/8 turn R stepping Rf to side, close Lf next to Rf
7-8	Split both toes open, close both toes (weight ends on Lf)
Walk to R	diagonal, with Heel split.
1-2	Walk forward to R diagonal with Rf, Walk forward to R diagonal with Rf
3-4	Walk forward to R diagonal with Rf, Walk forward to R diagonal with Rf
5-6	Make a 1/8 turn R stepping forward on Rf, close Lf next to Rf
7-8	Split both heels open, close both heels (weight ends on Lf)
Walk back	to L diagonal, with Toe split
1-2	Walk back to L Diagonal with Rf, Walk back to L diagonal with Lf
3-4	Walk back to L Diagonal with Rf, Walk back to L diagonal with Lf
5-6	Make a 1/8 turn R stepping Rf to side, close Lf next to Rf
7-8	Split both toes open, close both toes (weight ends on Lf)
Big step R	R, with shoulder shrugs, Big step to L, with shoulder shrugs.
1-2	Take a big step with Rf to R diagonal, bounce shoulders as you start to pull in Lf towards Rf
3-4	Bounce shoulders on counts 3, 4, as you continue to pull in Lf towards Rf
5-6	Take a big step with Lf to L diagonal, bounce shoulders as you start to pull in Rf towards Lf
7-8	Bounce shoulders on counts 7, 8, as you continue to pull in Lf towards Rf
Step R for	ward, 1/2 turn pivot L, Boogie forward.
1-2	Step forward on Rf, hold
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3-4 Make a 1/2 pivot turn L, hold

5-6 Step forward on Rf, step forward on Lf 7-8 Step forward on Rf, step forward on Lf (counts 5-8 can be danced as boogie walks forwards)

End of B.

Enjoy the music and feel the dance!