

Swingin

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Jo Kinser (UK), John Kinser (UK) & Sobrielo Philip Gene (SG) - July 2013
音乐: Swingin' - John Anderson & Colt Ford : (iTunes)



Start the dance on the vocals Rap Section (0:20).

[1-8] Step, Sailor 1/4, Stomp, Swivel Out, Swivel In

1 Step Rt to Rt
2&3 Step left back of Rt, Making 1/4 Lt step Rt fwd, Step Lt fwd
4 Stomp Rt next to Lt (weight Lt)
5&6 Twist Rt toe to Rt, Twist Rt heel to Rt, Twist Rt toe to Rt
7&8 Twist Rt toe in to Lt, Twist Rt heel in to Lt, Twist toe in to Lt. Weight Lt (9.00)

[9-16] Cross, 1/4, Shuffle 1/2 Turn, Step 1/2 Turn, 1/4 Booty Roll

1,2 Step Rt across Lt, Make 1/4 turn Rt stepping Lt back (12:00)
3&4 Make 1/4 turn Rt stepping Rt to Rt (3:00), Step Lt next to Rt, Make 1/4 turn Rt stepping Rt fwd (6:00)
5,6 Step Lt fwd, Make 1/2 turn Rt stepping Rt fwd (12:00)
7&8 Make 1/4 turn Rt stepping Lt to Lt (3:00), Roll hips anti clockwise finishing with weight Lt

***RESTART HERE: Wall 5 (3:00) and Wall 8 (3:00)

[17-24] Kick & Pt x2, Heel & Heel and Step Swivel Swivel

1&2 Kick Rt fwd, Step Rt next to Lt, Point Lt to Lt
3&4 Kick Lt fwd, Step Lt next to Rt, Point Rt to Rt
5&6& Touch Rt heel fwd, Step Rt next to Lt, Touch Lt heel fwd, Step Lt next to Rt
7&8 Touch Rt toe fwd, Swivel both heels Rt, Swivel back to centre

[25-32] Shuffle Fwd, Kick Step Out, Hip Roll - Heel x2

1&2 Step Rt fwd, Step Lt beside Rt, Step Rt fwd
3&4 Kick Lt fwd, Step Lt back to Lt, Step Rt back to Rt
5&6 Roll hip 2 counts anti clockwise from Lt to Rt, bring Lt heel fwd
7&8 Step Lt to Lt and roll hip 2 count clockwise from Rt to Lt, bring Rt heel fwd.

HAVE FUN

Choreographers: (07.13).

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