1 - 4



拍数: 96 墙数: 4 级数: Easy Intermediate 编舞者: Adrian Churm (UK) - November 2013 音乐: Soda Pop (feat. Michael Bublé) - Robbie Williams : (CD: Swings Both Ways iTunes) Sec 1: Side, together, forward, hold, rock forward, recover, step back, hold. 1 - 4Step left foot to the side, close right foot next to left, step left foot forward, hold. 5 – 8 Rock forward onto right foot, recover back onto left foot, step right foot back, hold. [12] Sec 2: Run back, hold, Coaster step, hold. 1 - 4Run back left, right, left, hold. 5 – 8 Step right foot back, close left to right, step right foot forward, hold. [12] Sec 3: Lock step forward (with shoulder shrugs optional), hold, ¼ turn left, step across, hold Step left foot forward, lock right foot behind left, step left foot forward, hold Styling turn upper body slightly to right and guickly bounce shoulders up & down on each step 5 – 8 Step right foot forward, Make a ¼ turn left, step right foot across left, hold. [9] Sec 4: 1/8 turn to left into diagonal facing side and cross toe struts, rock forward, recover, step back, hold. 1 - 2Turn 1/8 left stepping left toe to the side and slightly forward, snap left heel down. 3 - 4 Step right toe forwards and across left foot, snap right heel down. 5 - 6Still on the diagonal, rock forward onto left foot, recover back onto right. 7 - 8Step left foot back, hold (still facing diagonal). [7 approx] Sec 5: Diagonal lock step back, hold, 1/8th turn left into coaster step, hold 1 - 4Step right foot back, lock left foot in front of right, step right foot back, hold. 5 - 8Turn 1/8th left as left foot steps back, close right next to left, step left foot forward, hold. [6] Sec 6: 1/4 turn left, step across, hold, 1/8 turn to left into diagonal facing side and cross toe struts. 1 - 4Step right foot forward, Make a 1/4 turn left, step right foot across left, hold. 5 - 6Turn 1/8 left stepping left toe to the side and slightly forward, snap left heel down. 7 - 8Step right toe forwards and across left foot, snap right heel down. [1 approx] Sec 7: Rock forward, recover, step back, hold, diagonal lock step back, hold, 1 - 2Still on the diagonal, rock forward onto left foot, recover back onto right. 3 - 4Step left foot back, hold (still facing diagonal). 5 - 8Step right foot back, lock left foot in front of right, step right foot back, hold. [1 approx] Sec 8: 1/8th turn left into coaster step, hold, Charleston. 1 - 4Turn 1/8th left as left foot steps back, close right next to left, step left foot forward, hold. 5 - 8Swing right foot to the front touch forward, hold, swing right foot back weight on right, hold. [12] Sec 9: Coaster step, hold, ½ turn bounce around with leg lift & swing. 1 - 4Left foot steps back, close right next to left, step left foot forward, hold. 5 - 8Step right foot forward, hold, make a ½ turn left as you bounce around on the right foot by lifting and lowering the right heel twice the same time as allowing the left leg to lift & swing around.[6] Sec10: Coaster step, hold, right diagonal lock steps forward, hold.

Left foot steps back, close right next to left, step left foot forward, hold.

5 – 8 Forward on right diagonal step right foot forward, lock left behind, step right foot forward, hold, [6]

Sec11: Left diagonal lock steps forward, hold, cross over, hold, step back, hold making 1/4 turn right.

- 1 4 Forward on left diagonal step left foot forward, lock right behind, step left foot forward, hold, [6] 5
- 5 8 Making a ¼ turn right cross right foot over left, hold, step left foot back, hold.

Sec12: Chasses right hold, Cross over, hold, step back, hold.

- 1 4 Step right foot to the side, close left to right, step right foot to the side, hold
- 5 8 Cross left foot over right, hold, step right foot back, hold.

Tags: End of walls 1 and 3

1 – 8 Small step with left to the left side and sway Left, right, left, right, for 8 counts

Turn & Restart wall 5 after counts 1 - 4 the diagonal lock steps on section 11.

1 – 4 Cross right foot over left, hold, unwind 1/2 turn left, touch left next to right.

Simple Ending and finish:-

On the last repetition the dance will finish facing 9 o clock, simply make a 1/4 turn right and step left foot to the side and with both arms out to the side.

Contact - Email danceade@hotmail.co.uk