

241 Swing

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Laura Hilbert (UK) - November 2013
音乐: Don't Let Me Down - Swing - Zumba Fitness : (Album: Best of Exhilarate, Soundtrack 1)



Notes: this dance is made of 2 sections.
Section 1 (swing) is danced x5 with Tags
Section 2 (funky) is danced until the end of the song.

Count in : 21secs

Section 1....(48 counts)

[1-8] STEP, WALK, WALK, RIGHT SHUFFLE, STEP KICK RIGHT FORWARD, STEP TOUCH LEFT BEHIND

& 1-2 3&4 step left, walk forward on the right, walk left. step forward on the right, close left to right , step forward on the right.

5-6-7-8 step forward on the left , kick right leg forward, step back on the right, touch left behind.

[9-16] STEP KICK RIGHT, BEHIND SIDE INFRONT, KICK LEFT FORWARD, SIDE, LEFT SAILOR 1/4 LEFT

1-2 3&4 step forward on the left, kick right leg forward, step right behind left, step left to left side, step right across left.

5-6 7&8 kick left leg forward, kick left leg to left side, cross left behind right, step right to right side making 1/4 left, step left slightly to left side.

[17-24] WALK, WALK, HITCH AND STEP HITCH AND STEP, x2 KICKS FORWARD RIGHT SIDE, BEHIND SIDE INFRONT

1-2 3&4 walk forward on the right, walk forward on the left, hitch right leg up, step weight down onto right , step slightly forward on the left

5-6 7&8 kick right leg forward, kick right to right side, step right behind left, step left to left side, cross right across left

[25-32] X2 KICKS FORWARD LEFT SIDE, SAILOR 1/2 LEFT, STEP RIGHT PIVOT 1/4, STEP BACK RIGHT 1/2 OVER LEFT HOLD

1-2 3&4 kick left leg forward, kick left to left side. making 1/2 turn over left shoulder , cross left behind right , step right to right side, step left slightly to left.

5-6-7-8 step forward on the right, pivot 1/4 left, making 1/2 turn over left shoulder step back on the right foot and hold.

[33-40] LEFT SAILOR STEP, RIGHT COASTER STEP, KICK AND TOUCH, JUMP OUT, OUT, JUMP IN.

1&2 3&4 cross left behind right, step right to right side, step left slightly to left side. step back on the right, close left to right, step forward on the right

5&6&7-8 kick left foot forward, step weight onto left, touch right to left. Jump right foot to right side, jump left foot to left side, jump both feet in together.

[41-48] WALK BACK X4 (Twisting heels in , out on each step) RIGHT SIDE TOUCH, AND STEP TOUCH,

&1&2&3&4 step back on right twisting both heels in, out, step back on left twisting both heels in, out, repeat

5-6 &7-8 step right to right side, touch left to right, step back on the left , step forward on the right , touch left to right

Notes: Tag is at the end of wall 2 ...

1-2-3-4 step forward on the left , pivot 1/2 turn over right shoulder , repeat.

-At the end of wall 4 repeat counts 33-48.

Section 2... (32 counts)

[1-8] LEFT SAILOR STEP, KICK AND POINT, LEFT SAILOR 1/4 LEFT, BALL STEP, HITCH

1&2 3&4 step left behind right, step right to right side, step left slightly to left side. Kick right foot forward, step weight on to right, point left foot to left side.

5&6&7-8 making 1/4 turn left (3.00) cross left behind right, step right to right side step left slightly to left side. Step right ball to left , step left forward. Hitch right leg up.

[9-16] x2 HIP BUMPS RIGHT 1/4 LEFT, COASTER 1/4 LEFT, WALK RIGHT WALK LEFT, SIDE TOUCH (clap)

1&2 3&4 Making 1/4 turn to left (12.00) , x2 hip bumps to the right. Making another 1/4 left (9.00) step back on the left, step right beside left, step forward on the left.

5-6-7-8 walk forward crossing right over left , walk forward crossing left over right. Big step right to right side, touch left beside right with a clap.

[17-24] LEFT KICK AND POINT, RIGHT KICK AND POINT, FULL TURN LEFT, RIGHT, LEFT, X2 CLAPS

1&2 3&4 kick left foot forward , step weight onto left, point right to right side, kick right foot forward, step weight onto right, point left to left side.

5-6-7 &8 making a full turn over left shoulder stepping left, right, left, x2 claps

[25-32] ROCK AND STEP, 1/4 SAILOR LEFT, ROCK FORWARD RECOVER, STEP TURN STEP (turn and 1/2) Alternative is to do a right shuffle 1/2 over right shoulder .

1&2 3&4 rock forward on the right, recover weight onto left, step right to right side. Making 1/4 to left (6.00) cross left behind right, step right t right side, step left slightly to left side

5-6 7&8 rock forward on the right, recover weight onto left, turning a full turn and 1/2 over right shoulder to face (12.00) step right, left right.

(Or a right shuffle 1/2 over right shoulder)

Ending: Slow turn to face the front for the end !! :-D

Contact: laura.bates97@yahoo.co.uk
