

Swingin' Thing

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Ann-Kristin Sandberg (NOR) - November 2014
音樂: Swingin' - LeAnn Rimes : (iTunes)



INTRO : 16 Counts Start on vocals

ROCK RECOVER-CROSS SHUFFLE-ROCK RECOVER-WEAVE

1-2 Step right to right side, Recover onto left
3&4 Cross right over left, Step left to left side, Cross right over left
5-6 Step left to left side, Recover onto right
7&8 Cross left behind right, Step right to right side, Step left forw

TOE TOUCHES-STEP-PIVOT ¼ L-CROSS SHUFFLE-CROSS-POINT

1&2& Touch right toe forw, Step right next to left, Touch left toe forw, Step left next to right
3-4 Step right forw, Pivot ¼ turn left (09)
5&6& Cross right over left, Left to left side, Cross right over left, Left to left side
7-8 Cross right over left, Point left toe to left side

L SAILOR-R SAILOR-BACK TOUCH-1/2 TURN L HEEL UP & DOWN

1&2 Cross left behind right, Right to right side, Left to left side
3&4 Cross right behind left, Left to left side, Right to right side
5&6& Touch left toe back, Lift right heel up, ¼ turn(06) Right heel down, Right heel up
7-8 ¼ turn Right heel down, Left heel down (weight on left foot) (03)

(Count 5-8...you bump your heel up & down when turning ½ L)

R DIAGONAL FORW-HEEL UP & DOWN-L DIAGONAL FORW-HEEL UP & DOWN

1&2& Step right diagonal forw to right, Lift right heel up, Heel down, Heel up
3&4 Right heel down, R heel up, R heel down
5&6& Step left diagonal forw to left, Lift left heel up, Heel down, Heel up
7&8 Left heel down, Left heel up, Left heel down

TAGS : 8 Counts : End of wall 3 facing (09), End of wall 5 facing (03)

1-2 Right foot to right side, Left foot to left side
3-4 Right foot back, Left to left side

Repeat counts 1-4

ENJOY THIS FAST LITTLE DANCE!