That Old Fashioned Swing



拍數: 32 牆數: 4 級數: Beginner

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音樂: Old Fashioned Love - Asleep At The Wheel



Start after the yodel, about 20 secs.

Section 1: 2 HEEL STRUTS FORWARD, ROCKING CHAIR, SHUFFLE FORWARD, SCUFF, ½ PIVOT

TURN

1&2& Strut forward on R, heel down first then toes; strut forward on L, heel down first then toes

3&4& Rock R forward, recover onto L, rock R back, recover onto L

5&6& Shuffle forward on R,L,R, scuff L gently forward

7, 8 Step L forward, pivot half turn to right, weight now on R (facing 6 o'clock)

Section 2: HEEL TAP FORWARD WITH CLAP, TOE TAP BACK WITH CLAP, SHUFFLE FORWARD, SCUFF, ROCKING CHAIR, ¼ PIVOT TURN

9&10& Tap L heel forward, clap hands, tap L toe back, clap hands

11&12& Shuffle forward on L,R,L, scuff R gently forward

13&14& Rock R forward, recover onto L, rock R back, recover onto L

15, 16 Step R forward, pivot quarter turn over left shoulder weight now on L (facing 3 o'clock)

Section 3: CROSS, BACK, CHASSE RIGHT, CROSS, BACK, CHASSE LEFT

17,18 Step R across in front of L, step L back

19&20 Chasse right on R,L,R

21,22 Step L across in front of R, step back on R

23&24 Chasse left on L,R,L

Section 4: (ROCK ACROSS, RECOVER, SIDE STEP) x 2, HEEL SWITCHES, PIVOT HALF TURN

Rock R across in front of L (R arm across for styling) recover onto L, step R to right side Rock L across in front of R (L arm across for styling), recover onto R, step L to side Tap R heel forward, step on R in place, tap L heel forward, step on L in place

31,32 Step R forward, pivot half turn over left shoulder, transfer weight onto L (facing 9 0'clock)

START AGAIN