

Show Her a Little Swing

拍數: 114 牆數: 1 級數: Phrased Intermediate
編舞者: Tom Inge Soenju (NOR) - June 2016
音樂: Little Swing (feat. Little Sis Nora) - AronChupa : (iTunes, Google Play and Amazon)



Note: This is a fun dance with playful music so have fun and let loose!

Intro: 8 Counts. Start on the word "knees".

Sequence: Phrased: AABC(Tag 1)-A(Tag 2)BC(8)

Tag/Restart: 2 tags, no restarts. See details in the sequence and description.

End: Dance the first 8 counts of part C.

PART A: 64 counts.

Section A1: R FW Step, L Kick-Hitch, L Coaster Step, R FW Shuffle, L FW Mambo Step

- 1 Step right foot forward
- 2 & Kick left foot forward and hitch it when retracting
- 3 & Step left foot back and step right foot next to left foot
- 4 Step left foot forward
- 5 & Step right foot forward and step left foot next to right foot
- 6 Step left foot forward
- 7 & Step (rock) left foot forward and recover weight onto your right foot
- 8 Step left foot next to right foot

Section A2: R/L B Walk x 2, R Sailor Step, L Sailor-1/4 L Turn-Step, R FW Shuffle

- 1 Step right foot back
- 2 Step left foot back
- 3 & Cross right foot behind left foot and step left foot to left side
- 4 Step right foot to right side
- 5 & Cross left foot behind right foot and turn a quarter to your left (9:00) stepping right foot to right side
- 6 Step left foot to left side
- 7 & Step right foot forward and step left foot next to right foot
- 8 Step right foot forward

Section A3: FW Walk x2, L Out-Out-Ball-Cross, R Step, ½ L Turn-L FW Step, R FW Shuffle

- 1 Step left foot forward
- 2 & Step right foot forward and step left foot to left side
- 3 & Step right foot to right side and step ball of right foot slightly back
- 4 Cross left foot over right foot
- 5 Step right foot to right side
- 6 Half turn to your left (3:00) stepping left foot forward
- 7 & Step right foot forward and step left foot next to right foot
- 8 Step right foot forward

Section A4: L Cross, ¼ L Turn x3, Cross-Heel-Jacks x2

- 1 Cross left foot over right foot
- 2 Quarter turn to your left (12:00) stepping right foot back
- 3 Quarter turn to your left (9:00) stepping left foot forward
- 4 Quarter turn to your left (6:00) stepping right foot to right side
- 5 & Cross left foot over right foot and step right foot to right side
- 6 & Touch heel of left foot in place (diagonally towards 4:30) and step left foot slightly back
- 7 & Cross right foot over left foot and step left foot to left side

8 & Touch heel of right foot in place (diagonally towards 7:30) and step down on right foot.

Part A

TAG 1: 8 & counts. The tag comes in the 3rd part A. Dance section 1-4 in part A as normal then follow the Tag (Can hear it very well in the music) and continue with part A, section 5.

Tag 1, Section 1: Hold x 4, L/R Cross Heel Jacks x 2

1 Hold
2 Hold
3 Hold
4 Hold
5 & Cross left foot over right foot and step right foot to right side
6 & Touch heel of left foot in place (diagonally towards 4:30) and step left foot slightly back
7 & Cross right foot over left foot and step left foot to left side
8 & Touch heel of right foot in place (diagonally towards 7:30) and step down on right foot

Section A5: L Heel, R Toe, L Heel-Hook-1/8 L Turn, L FW Shuffle, R FW Rock, Recover

1 & Touch heel of left foot in place and step down on left foot
2 & Touch the toes of right foot in place and step down on right foot
3 Touch the heel of left foot in place
4 One-eight turn to your left (3:00) while hooking left foot (across right foot)
5 & Step left foot forward and step right foot next to left foot
6 Step left foot forward
7 Step (rock) right foot forward
8 Recover weight onto left foot

Section A6: R Coaster Step, ½ R Turn-B Shuffle, R B Mambo, Recover, R Heel, L Heel, R Toes

1 & Step right foot back and step left foot next to right foot
2 Step right foot forward
3 & Half turn to your right (9:00) stepping left foot back and step right foot in front of left foot
4 Step left foot back
5 & Step (rock) right foot back and recover weight onto your left foot
6 & Touch the heel of right foot next to left foot and step down on right foot
7 & Touch the heel of left foot in place and step down on left foot
8 & Touch the toes of right foot in place and step down on right foot

Section A7: L Heel-Hook, L Cross Shuffle, R Step- ½ L Turn-L FW Step, R FW Shuffle

1 Touch the heel of the left foot in place (diagonally towards 7:30)
2 Hook the left foot across right foot
3 & Step the left foot forward and step right foot next to left foot
4 Cross left foot over right foot
5 Step right foot to right side
6 Half turn to your left (12:00) stepping left foot forward
7 & Step right foot forward and step left foot next to right foot
8 Step right foot forward

Section A8: L FW Rock, Recover, L Behind-Side-Cross, Long R Step, Hold, L Coaster Step

1 Step (rock) left foot forward
2 Recover weight onto right foot
3 & Step left foot back and step right foot next to left foot
4 Cross left foot over right foot
5 Long sliding step to the right with right foot
6 Hold
7 & Step left foot back and step right foot next to left foot
8 Step left foot forward

PART B: 32 counts

Section B1: R/L Dorothy Steps x2, R/L Heel x2, R Toes, L Heel

- 1 Step right foot diagonally forward (1:30)
- 2 & Lock left foot behind right foot and step right foot to right side
- 3 Step left foot diagonally forward (10:30)
- 4 & Lock right foot behind left foot and step left foot to left side
- 5 & Touch heel of right foot next to left foot and step down on right foot
- 6 & Touch heel of left foot in place and step down on left foot
- 7 & Touch toes of right foot in place and step down on right foot
- 8 & Touch heel of left foot in place and step down on left foot

Section B2: R Toes-Hitch, R Chassé, L B Rock, Recover, L Chassé, R B Rock

- 1 Tap toes of right foot in place and hitch right foot (Tap & retract)
- 2 & Step right foot to right side and step left foot next to right foot
- 3 Step right foot to right side
- 4 Step (rock) left foot behind right foot
- 5 Recover weight onto right foot
- 6 & Step left foot to left side and step right foot next to left foot
- 7 Step left foot to left side
- 8 Step (rock) right foot behind left foot

Section B3: Recover, R (Jive) Kicks x2, Sailor Step, L (Jive) Kicks x 2, ¾ L Turn Shuffle

- 1 Recover weight onto left foot
- 2 Low kick right foot forward (and retract)
- 3 Low kick right foot diagonally forward (and retract)
- 4 & Step right foot behind left foot and step left foot to left side
- 5 Step right foot to right side
- 6 Low kick left foot forward (and retract)
- 7 Low kick left foot diagonally forward (and retract)
- 8 & Quarter turn to your left (9:00) stepping left foot back and turn a quarter to your left (6:00) stepping right foot next to left foot

Section B4: R FW Rock, Recover, R Coaster Step, L Jazz box – ¼ L Turn

- 1 Quarter turn to your left (3:00) stepping left foot forward
- 2 Step (rock) right foot forward
- 3 Recover weight onto left foot
- 4 & Step right foot back and step left foot next to right foot
- 5 Step right foot forward
- 6 Cross left foot over right foot
- 7 Quarter turn to your left stepping right foot back
- 8 Step left foot to left side

PART C: 18 counts + Tag (~33 counts)

Section 1: R/L Cross Point x2, R Jazz Box - L FW Step

- 1 Cross right foot over left foot
- 2 Point left foot to left side
- 3 Cross left foot over right foot
- 4 Point right foot to right side
- 5 Cross right foot over left foot
- 6 Step left foot back
- 7 Step right foot to right side
- 8 Step left foot forward

Part C

Section 2: R FW Step, ½ L Pivot, ½ L Turn Shuffle x3

- 1 Step right foot forward
- 2 Half turn to your left (6:00) in place (weight on your left foot)
- 3 & Half turn to your left (12:00) stepping right foot back and step left foot next to right foot
- 4 Step right foot back
- 5 & Half turn to your left (6:00) stepping left foot forward and stepping right foot next to left foot
- 6 Step left foot forward
- 7 & Half turn to your left (12:00) stepping right foot back and step left foot next to right foot
- 8 Step right foot back

Part C

Section 3: L B Rock, Recover

- 1 Step (rock) left foot back
- 2 Recover weight onto right foot

Part C

TAG 2: ~ 33 counts (when counting in same speed as rest of the dance).

Tag 2, count 3-36: Walk around the room in a tempo which fits you and the song and greet and meet your fellow line dancers and switch places with one of the dancers before next part starts. You start on part A again on the word "Swing", approx. on the 34th count after part C.3. Most importantly, have fun!

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or you would like additional information, please contact me:

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