Let's Come Together

級數: Beginner / Improver WCS

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音樂: Streetcorner Symphony - Rob Thomas : (Google Play / iTunes / AmazonMP3)

The lyrics in this song have a positive message in these troubled times. BRIDGE / TAG: - 4 count HOLD Wall 3 -dance S1 & S2, 4 count Bridge, continue with S3 Wall 6 -dance S1, 4 count Bridge, continue with S2

Wall 8 - 4 count Tag, continue with S1

拍數: 32

Intro: 16 counts

S1: SUGARPUSH, R STEP L HIP BUMP

- 1-2 R & L Step Forward
- 3&4 R Step in place, L Step next to R, R Step Back
- 5&6 Anchor Step danced slightly sideways, almost in place: L Step Back, R Step in place, L Step in place
- 7-8 R Step Back, L Hip Bump (weight stays on left)

S2: SUGARPUSH, R STEP L HIP BUMP

- 1-2 R & L Step Forward
- 3&4 R Step in place, L Step next to R, R Step Back
- 5&6 Anchor Step danced slightly sideways, almost in place: L Step Back, R Step in place, L Step in place
- 7-8 R Step Back, L Hip Bump (weight stays on left)

S3: R 3/4 TURN: STEP R & L, R TRIPLE, L TRIPLE, STEP R & L

- 1-2 R 1/4 Turn: R Step Forward, L Step Forward
- 3&4 R 1/8 Turn: R Step Forward, L Step next to R, R 1/8 Turn: R Step Forward
- 5&6 R 1/8 Turn: L Step Forward, R Step next to L, R 1/8 Turn: L Step Forward
- 7-8 R & L Step in place

S4: R STEP, 1/2 L TURN: L STEP, R COASTER STEP, L TRIPLE STEP, R KICKBALL CHANGE (OPTION TO KICKBALL CHANGE-STEP IN PLACE R & L)

- 1-2 R Step Forward, 1/2 R Turn: L Step
- 3&4 R Step Back, L Step Together with R, R Step Forward
- 5&6 L Step in place, R Step next to L, L Step in place
- 7&8 R Kick Forward, R Ball in place, L Steps in place (weight on left)

Fun fact: West Coast Swing is danced in 6 and/or 8 counts. East Coast Swing is danced in a circle ---WCS (roots in Lindy Hop) is danced linear (although there are turns in WCS, imagine dancing inside a railroad track). WCS became the official state dance of California in 1988.

Enjoy dancing !!!

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牆數:4