

V Swing

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Mayee Lee (MY) & Roosamekto Mamek (INA) - September 2016
音樂: Vive le swing - In-Grid



Intro: Start after 16 counts or start at 10 seconds

S1: SWITCH TOUCHES, BEHIND, SIDE, CROSS (x2)

1&2 Touch R to side – Touch R beside L – Touch R to side
3&4 Cross R behind L – Step L to side – Cross R over L
5&6 Touch L to side – Touch L beside R – Touch L to side
7&8 Cross L behind R – Step R to side – Cross L over R (12:00)

S2: CHARLESTON STEP, FORWARD SHUFFLE (x2)

1-2 Swing/Sweep R from back to front end up with touch R forward – Swing/Sweep R from front to back end up with step R back
3-4 Swing/Sweep L from front to back end up with touch L back – Swing/Sweep L from back to front end up with step L forward
5&6 Step R forward – Step L beside R – Step R forward
7&8 Step L forward – Step R beside L – Step L forward (12:00)

S3: JAZZ BOX, CROSS, TURN 1/4 RIGHT, SIDE CHASSE

1-4 Cross R over L – Step L back – Step R to side – Step L forward
5-6 Cross R over L – Turn ¼ right step L back (3:00)
7&8 Step R to side – Step L together – Step R to side

S4: FORWARD MAMBO, COASTER STEP, FORWARD, RECOVER, SHUFFLE 1/2 TURN LEFT

1&2 Rock L forward – Recover on R – Step L back
3&4 Step R back – Step L together – Step R forward
5-6 Step L forward – Recover on R
7&8 Turn ¼ left step L to L – Step R together L – Turn ¼ left step L forward (9.00)

(Optional step for S4 : 1&2 Forward mambo can replace with Touch L forward & step L back, 3&4 coaster step can be replace with Touch R back & step R forward)

S5 : FORWARD MAMBO, COASTER STEP, ¼ TURN L, RECOVER, CROSS SHUFFLE

1&2 Rock R forward – Recover on L – Step R back
3&4 Step L back – Step R together – Step L forward
5-6 ¼ turn L Step R to R – Recover on L (6.00)
7&8 Cross R over L – Step L to L – Cross R over L

S6: SIDE, KICK, SIDE, KICK, SIDE, TOUCH, SIDE, TOUCH, RUN BACK LRL, COASTER STEP

&1&2 Step L to L – Kick R to diagonally L – Step R to R – Kick L to diagonally R
&3&4 Step L to L – Touch R beside L – Step R to R – Touch L beside R
5&6 Run back L R L
7&8 Step R back – Step L beside R – Step R forward

S7 : DIAGONAL, DIAGONAL SHUFFLE, DIAGONAL, SKATE, SKATE, KICK BALL STEP

1 2&3 Step L to diagonally L – Step R to diagonally R – Step L behind R - Step R to diagonally R
4 5 6 Step L to diagonally L – Skate R – Skate L
7&8 Kick R forward – Step R down – Step L slightly forward

S8: JAZZ BOX, OUT, OUT, IN, IN, FORWARD, TOGETHER, BACK, TOGETHER

1 – 4 Cross R over L – Step L back – Step R to side – Step L forward

&5&6 Step R out – Step L out – Step R in – Step L in
&7&8 Step R forward – Step L beside R – Step R back – Step L beside R (6.00)

Ending : Wall 6 (6.00), dance 28 counts, step L forward, pivot ¼ turn R step on R, cross L over R

No Tag No Restart !

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