

Swango

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jill Weiss (USA) - March 2017
音樂: Tango - Michael Nantel



Alt. music: Sway by the Pussycat Dolls

Alt music: Breathe by Faith Hill

Both songs start on lyrics

(Start weight on R, think “slow, quick, quick, slow, quick, quick”)

STEP SIDE L, HOLD, ROCK BACK R, REPLACE, STEP SIDE R, HOLD, ROCK BACK L, REPLACE (Note: NC2S Basic!)

1-4 Step L to L side (1), hold (2), rock back on R behind L (3), recover weight forward to L (4)
5-8 Step R to R side (5), hold (6), rock back on L behind R (7), recover weight forward to R (8)

ROCK FORWARD ON L, HOLD, RECOVER BACK TO R, STEP BACK ON L; ROCK BACK ON R, HOLD, RECOVER FORWARD TO L, STEP FORWARD ON R

1-4 Rock forward on L (1), hold (2), rock back on R (3), step back on L (4)
5-8 Rock back on R (1), hold (2), rock forward on L (3), step forward on R (4)

STEP FORWARD ON L, HOLD, ¼ PIVOT R, CROSS L, LUNGE TO R, DRAG L, TAP L 2X

1-4 Step forward on L (1), hold (2), pivot ¼ R to 3:00 (weight to R) (3) cross L in front of R(4)
5-8 Big side step (Lunge) R to R (5) Drag L toe in next to R (weight stays on R) (6) Tap L toe twice next to R (7-8)

SWAY L, HOLD, SWAY R, HOLD, POINT L TOE, EXTENDED HOLD, TOUCH L NEXT TO R

1-4 Step L to L side and sway to left (1), hold (2), sway to right (3), hold (4)
5-8 Point L toe to L with full extension (and lots of drama!) (5) Hold for 2 counts (6-7), Touch L toe next to R (weight stays on R)(8).

NOTE: WHEN DANCED TO TANGO, THERE ARE NO TAGS/RESTARTS.

WHEN DANCED TO SWAY, REPEAT THE LAST 8 COUNTS AT THE END OF WALL 8 – YOU WILL BE FACING 12:00.

WHEN DANCED TO BREATHE, restart on wall 8 halfway through dance facing 9:00

Last Update: 8 Mar 2024