

Sing Low (Sweet Josh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Carrie Ann Earl (ES) - November 2018
音樂: Swing Low, Sweet Chariot - Josh Turner : (iTunes)



Intro: 16 counts - No Tags, No Restarts.

SECTION 1: SWAY, SWAY, BEHIND, SIDE, CROSS, SWAY, SWAY, ¼ SAILOR TURN LEFT

1-2 Rock Right to side, swaying hips Right, recover to Left and sway hips Left
3&4 Step Right behind Left, step Left to side, step Right across Left
5-6 Rock Left to side and sway hips Left, recover to Right and sway hips Right
7&8 ¼ turn Left stepping Left behind Right, step Right to side, step Left forward (9:00)

SECTION 2: ROCK FORWARD, RECOVER, RIGHT BACK LOCK, LEFT BACK LOCK, RIGHT COASTER STEP

1-2 Rock forward on Right, recover weight Left
3&4 Step back on Right, lock Left across in front of Right, step back Right (angling body to right diagonal)
5&6 Step back on Left, lock Right across in front of Left, step back Left (angling body to left diagonal)
7&8 Step Right back, step Left in place, step Right forward (straightening up to face front)

****Optional jazzy hands on the lock steps****

SECTION 3: STEP PIVOT ½ RIGHT, SHUFFLE FORWARD LEFT, RUMBA BOX

1-2 Step Forward on Left, Pivot ½ Turn Right - weight on Right (3:00)
3&4 Left shuffle fwd stepping Left, Right, Left
5&6 Step Right to Right side, Step Left next to Right step Right Back
7&8 Step Left to Left side, step Right next to Left, Step Left Forward

SECTION 4: STEP FORWARD PIVOT ½ LEFT, STEP FORWARD PIVOT ¼ LEFT, CROSS BACK, HEEL BALL CROSS

1-2 Step forward right, pivot ½ turn left weight onto left (9:00)
3-4 Step forward right, pivot ¼ turn left weight onto left (6:00)
5-6 Cross Right over Left, step back on Left
7&8 Touch heel of Right foot forward, step ball of Right foot back to place, cross Left over Right

Start Again !

Styling : if you wish on the sway steps you can bend knees to go low (swing low)

Note: Towards the end of the track the music slows, keep going at the same pace.

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