

Rag Mop

拍數: 48 牆數: 4 級數: Newcomer Swing
編舞者: Karolina Ullénstäv (SWE) - March 2019
音樂: Rag Mop - The Ames Brothers : (2:38)



Intro: 8 counts (start dancing when they start to sing), BPM: 100 - No Restarts, No Tags

Section 1: Kick forward and step back, coaster step and then do a RF sailor step with a ¼ turn left ending with a coaster step

- 1 RF kick forward (facing 12.00)
- 2 RF step back
- 3 LF step back
- & RF step beside LF
- 4 LF step forward
- 5 RF slightly sweep back behind LF
- & LF step left
- 6 Turn ¼ left on ball of LF while stepping RF back (facing 09.00)
- 7 LF step back
- & RF step beside LF
- 8 LF step forward

Section 2: Kick forward and step back, coaster step and then do a RF sailor step with a ¼ turn left ending with a coaster step

- 1 RF kick forward
- 2 RF step back
- 3 LF step back
- & RF step beside LF
- 4 LF step forward
- 5 RF slightly sweep back behind LF
- & LF step left
- 6 Turn ¼ left on ball of LF while stepping RF back (facing 06.00)
- 7 LF step back
- & RF step beside LF
- 8 LF step forward

Section 3: Side steps right and left with clap and then do a combination of heel forward and step beside and clap x 4

- 1 RF step right
- & LF step right beside RF
- 2 RF step right
- & LF touch beside RF and clap
- 3 LF step left
- & RF step beside LF
- 4 LF step left
- & RF touch beside LF and clap
- 5 RF heel forward
- & RF touch beside LF and clap
- 6 RF heel forward
- & RF touch beside LF and clap
- 7 RF heel forward
- & RF touch beside LF and clap
- 8 RF heel forward

& RF touch beside LF and clap

Section 4: Lock steps forward with scuff ending with step turning $\frac{3}{4}$ left

1 RF step forward
& LF step slightly behind RF
2 RF step forward
& LF scuff forward
3 LF step forward
& RF step slightly behind LF
4 LF step forward
& RF scuff forward
5 RF step forward
6 Turn $\frac{1}{2}$ left on ball of LF (facing 12.00)
7 RF step forward
8 Turn $\frac{1}{4}$ left on ball of LF (facing 09.00)

Section 5: Toe, heel, stomp RF and LF and swivels right and left with clap

1 RF toe touch in place beside LF
& RF heel touch in place beside LF
2 RF stomp in place beside LF
3 LF toe touch in place beside RF
& LF heel in place beside RF
4 LF stomp in place beside RF
5 RF and LF heels swivel to the right
& RF and LF toes swivel to the right
6 RF and LF heels swivel to the right and clap
7 RF and LF heels swivel to the left
& RF and LF toes swivel to the left
8 RF and LF heels swivel to the left and clap

Section 6: RF jump forward while you at the same time bend forward and LF and leg are in the air pointing backwards. At the same time you point your arms out one forward and one back, hold and then do a coaster step. Make this combination twice. (This is classic swing dance steps from the 50'ies. Please look at the dance demo video if you're uncertain what I mean.)

1 RF jump forward while you at the same time bend forward and LF and leg are pointing backwards in the air. At the same time you point your right arm straight out forward and point your left arm straight out backwards.
2 Hold
3 LF step back
& RF step beside LF
4 LF step forward
5 RF jump forward while you at the same time bend forward and LF and leg are pointing backwards in the air. At the same time you point your right arm straight out forward and point your left arm straight out backwards.
6 Hold
7 LF step back
& RF step beside LF
8 LF step forward

Have Fun dancing swing to this great track from 1950 by The Ames Brothers!

It was a number 1 record hit back in those days and it's still very fun to listen and dance to!
