

# Body Swing

拍數: 32      牆數: 2      級數: High Improver WCS  
編舞者: Shane McKeever (N.IRE) & Roy Verdonk (NL) - June 2019  
音樂: Mad Love - Mabel



Intro : 16 counts

## S1: Forward R/L, Mambo R, Back L/R, Sailor L

1-2            RF step forward , LF step forward  
3&4           RF rock forward, recover onto LF (&), RF step back  
5-6           LF step back, RF step back  
7&8           LF cross behind RF, RF step right (&), LF step left

## S2: Cross, 1/4 Turn R, Back, Coaster R, Out/ Out/ In/ In, Point Forward L, Swivel, Together

1-2            RF cross in front of LF, makes 1/4 turn right stepping LF back (03.00)  
3&4           RF step back, LF step together (&), RF step forward  
5&            LF step out on heel on diagonal left, RF step out on heel on right diagonal(&)  
6&            LF step back to centre, RF step together(&)  
7&            LF touch toes forward, BF swivel heels left(&)  
8&            BF swivel heels back to centre , LF step together (&)

## S3: Forward R/L, 1/8 Turn L, Ball/ Cross, 1/8 Turn R, 1/2 Turn R With Sweep, Anchor Step

1-2            RF step forward, LF step forward  
&3-4          make 1/8 turn left (01.30) stepping RF small step right (&), LF cross in front of RF, make 1/8 turn right stepping RF forward (03.00)  
5-6            make 1/2 turn right stepping LF back (09.00), RF sweep from front to back  
7&8           RF step slightly behind LF (3rd position), recover onto LF (&), recover onto RF

## S4: Step/Point (2×), Cross, 1/4 Turn L, Back, Triple L

1-2            LF step forward, RF point right  
3-4            RF step forward, LF point left  
5-6            LF cross in front of RF, make 1/4 turn left stepping RF back (06.00)  
7&8           LF step left, RF step together (&), LF step left

Last Update - 3 July 2019