

It's Time to Swing

COPPER KNOB
STEP SHEETS

拍數: 48 牆數: 4 級數: Improver
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音樂: Time to Swing - Scooter Lee : (CD: Midnight Hauler - www.scooterlee.com,
Amazon, iTunes)



#16 Count Intro

[1 – 8] CHARLESTON KICK (with LINDY HOP STYLING)

1 – 4 Step R forward (1); Hold (2); Kick L forward (3); Hold as you allow L leg to bend (4)

5 – 8 Step L back (5); Hold (6); Rock R back (7); Recover on L (8) 12:00

Optional – For more Lindy Hop styling (keep knees soft and lean slightly forward)

Kick R forward (1); Step R forward (2); Kick L forward (3); Bend L knee (4)

Kick L back (5); Step L back (6); Rock R back (7); Recover on L (8)

[9 – 16] SWIVEL WALKS FORWARD – 2 SLOW, 4 QUICK

1 – 2 Step R forward with R toe turned out allowing L foot to swivel (1); Hold (2)

3 – 4 Step L forward with L toe turned out allowing R foot to swivel (3); Hold (4)

5 Step R forward with R toe turned out allowing L foot to swivel

6 Step L forward with L toe turned out allowing R foot to swivel

7 Step R forward with R toe turned out allowing L foot to swivel

8 Step L forward with L toe turned out allowing R foot to swivel 12:00

Styling tips for swivel walks: Keep knees slightly bent, weight on balls of feet & try jazz hands!

[17 – 24] SLOW PIVOT TURNS: 1/2 LEFT, 1/4 LEFT

1 – 4 Step R forward (1); Hold (2); Turn 1/2 left shifting weight to L (3); Hold (4) 6:00

5 – 8 Step R forward (5); Hold (6); Turn 1/4 left shifting weight to L (7); Hold (8) 3:00

[25 – 32] SUZY Q, CROSS, JIVE KICK, BEHIND SIDE CROSS, HOLD

1 – 2 Knees slightly bent - Step R across L with R toe turned in (1); Step L to left as you fan R toe out to right keeping R toe close to floor (2)

(This will feel similar to a heel grind, but with the foot more flat to the floor)

3 – 4 Step R across L (3); Kick L to left diagonal (4)

5 – 8 Step L behind R (5); Step R to right (6); Cross L over R (7); Hold (8) 3:00

Option for counts 25-28: You may omit the Suzy Q styling by doing Cross, Side, Cross, Kick

[33 – 40] TOE STRUTS, DIAGONAL ROCKING CHAIR

1 – 4 Step R toe to right (1); Drop R heel (2); Step L toe across R (3); Drop L heel (4)

Optional styling: Shimmy shoulders as you do the toe struts

5 – 8 Facing 4:30 - Rock R forward (5); Recover on L (6); Rock R back (7); Recover on L (8) 4:30

[41 – 48] ROCK SIDE, RECOVER, CROSS, HOLD, 1/4 TURN, 1/4 TURN, FORWARD, HOLD

1 – 4 Squaring up to 3:00 - Rock R to right (1); Recover on L (2); Cross R over L (3); Hold (4)

5 – 8 Turn 1/4 right stepping L back (5) Turn 1/4 right stepping R to right (6) Step L forward (7); Hold (8) 9:00

BEGIN AGAIN!