

I Swear

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Jamie Barnfield (UK) & Joshua Talbot (AUS) - October 2019
音樂: I Swear - John Michael Montgomery : (Album: The Very Best Of - iTunes & Amazon)



Intro: 32 counts (3 Restarts)
(Restarts on walls 1,5 & 9)

S1: CROSS, SIDE ROCK, RECOVER, SAILOR 1/2, SWAY, SWAY, BEHIND SIDE CROSS

1,2,3 Cross left over right, rock right to right side, recover on left
4&5 Cross right foot behind left, turn 1/2 turn right stepping left to left side, cross right over left
6-7 Step left to left side as you sway hips to left, sway hips to right dragging left towards right
8&1 Cross left behind right, step right to right side, cross left over right (6:00)

S2: ROCK, RECOVER, CROSS SHUFFLE, 1/4, 1/2, STEP, LOCK

2-3 Rock right to right side, recover on left
4&5 Cross right over left, step left to left side, cross right over left
6-7 Turn 1/4 right stepping back on left, turn 1/2 right stepping forward on right
8& Step forward on left, lock right behind left angling body to right diagonal (3:00)

****Restart here during wall 9 facing 3 o'clock wall**

S3: STEP, BACK SWEEP, BACK SWEEP, BEHIND SIDE FORWARD, ROCK RECOVER, BEHIND SIDE FORWARD

1, Step left in place slightly forward & crossed over right
2,3 Step back on right sweeping left front to back , step back on left sweeping right front to back
4&5 Step right behind left, step left to left side, turn 1/8 left stepping forward on right (1:30)
6-7 Rock forward on left, recover on right
8&1 Cross left behind right, 1/4 right stepping forward on right, step forward on left (6:00)

S4: 1/4 JAZZ BOX, CROSS BACK TOGETHER, CROSS, SCISSOR STEP

2-3 Cross right over left, 1/4 right stepping back on left
4 Step right to right side (9:00)

***Restarts here during walls 1&5 facing 9 o'clock wall**

5&6 Cross left over right, step back on right, close left next to right angling body slightly to left diagonal
7 Cross right over left
8& Step left to left side, close right next to left, (9:00)

START AGAIN