

Swinging on a Star

COPPER KNOB
BY SHEPHERD

拍數: 80 牆數: 4 級數: High Improver
編舞者: Sheila Pfaff (USA) - January 2020
音樂: Swinging on a Star (feat. Danny Aiello) - Bruce Willis : (Album: Hudson Hawk
Soundtrack - Amazon.com - 2:53)



Intro: 16 counts. Approx. 120 bpm

One tag: 16 counts (Tag comes once at the very end after 24 counts.)

Note: This one is for my husband. He has been asking for a dance for this song for several years so I finally wrote one. Hope everyone else enjoys it, too. (This dance won 2nd place for Improver dances at the Ft. Wayne Dance For All in 2020.)

[1-8] ON DIAGONAL SWING HIPS FORWARD & BACK 2X, SWING HIPS BACK & FORWARD

- 1,2 Step R forward swinging hips toward 1:30 (1), recover weight L swinging hips back toward 7:30 (2)
3,4 Step R forward swinging hips toward 1:30 (3), recover weight L swinging hips back toward 7:30 (4)
5,6 Step R back swinging hips toward 4:30 (5), recover weight L swinging hips forward toward 10:30 (6)
7,8 Step R back swinging hips toward 4:30 (7), recover weight L swinging hips forward toward 10:30 (8)

[9-16] STEP FORWARD R, L R, KICK L RAISING ARMS, WALK BACK L, TURN 1/4 R STEP, STEP, TOUCH BRINGING ARMS DOWN IN FRONT

- 1-4 Step R forward (1), step L forward (2), step R forward (3), kick L forward (4)
(On counts 1-4, slowly raise arms up in front with hands cupped—"grab moon beams")
5,6 Step L back (5), make 1/4 turn right stepping R to right side {3:00} (6)
7,8 Step L beside R (7), touch R beside L (8)
(On counts 5-8, slowly bring arms down in front—"have moon beams in a jar")

[17-24] CHASSE RIGHT, ROCK, RECOVER, VINE LEFT WITH 1/4 TURN L, STEP

- 1&2 Step R to right side (1), step L beside R (&), step R to right side (2)
3,4 Rock L back (3), recover weight R (4)
5-8 Step L to left side (5), cross R behind L (6), make 1/4 turn left stepping L forward {12:00} (7), step R beside L (8)

[25-32] JUMP FORWARD OUT, OUT, HOLD, HEEL TAPS, SWIVEL HEEL, TOES, HEEL, TOES

- &1,2 Jump step L forward out to the left (&), jump step R forward out to the right (1), hold (2)
&3&4 Raise R heel (&), drop R heel (3), raise R heel (&), drop R heel (4)
5-8 Swivel R heel left (5), swivel R toes left (6), swivel R heel left (7), swivel R toes left (8)

[33-40] FORWARD CROSS, POINT, CROSS, POINT, BACK CROSS, POINT, CROSS, POINT

- 1-4 Cross R over L (1), point L to left side (2), cross L over R (3), point R to right side (4)
5-8 Cross R behind L (5), point L to left side (6), cross L behind R (7), point R to right side (8)

[41-48] TURN 1/4 R JAZZ BOX, TURN 1/4 R JAZZ BOX

- 1-4 Cross R over L (1), step L back (2), make 1/4 turn right stepping R to right side {3:00} (3), step L beside R (4)
5-8 Cross R over L (5), step L back (6), make 1/4 turn right stepping R to right side {6:00} (7), step L beside R (8)

[49-56] KICK, BEHIND, SIDE, CROSS, KICK, BEHIND, SIDE, STEP

- 1-4 Kick R diagonally right (1), step R behind L (2), step L beside R (3), cross R over L (4)
5-8 Kick L diagonally left (5), step L behind R (6), step R beside L (7), step L forward (8)

[57-64] STRUT R, STRUT L, RUN, RUN, RUN, HOLD

1-4 Touch R toe forward (1), drop R heel (2), touch L toe forward (3), drop L heel (4)

5-8 Run R forward (5), run L forward (6), run R forward (7), hold (8)

[65-72] ROCKING CHAIR, STEP, TURN 1/4 R, CROSS, HOLD

1-4 Rock L forward (1), recover weight R (2), rock L back (3), recover weight R (4)

5-8 Step L forward (5), make 1/4 turn right stepping R to right side {9:00} (6), cross L over R (7), hold (8)

[73-80] SIDE, TOGETHER, FORWARD, HOLD, SIDE, TOGETHER, FORWARD, HOLD

1-4 Step R to right side (1), step L beside R (2), step R forward (3), hold (4)

5-8 Step L to left side (5), step R beside L (6), step L forward (7), hold (8)

TAG: 16 COUNTS (ENDING--AFTER 24 COUNTS ON WALL 5 ONLY)

[1-8] STEP, KICK, STEP, KICK, STEP, KICK, STEP, KICK

1-4 Step L forward (1), kick R across L (2), step R forward (3), kick L across R (4)

5-8 Step L forward (5), kick R across L (6), step R forward (7), kick L across R (8)

[9-16] ROCK, RECOVER, STEP BACK, DRAG, ROCK BACK, RECOVER, STEP, STEP

1-4 Rock L forward (1), recover weight R (2), step L back (3), drag R toward L (don't step) (4)

5-8 Rock R back (5), recover weight L (6), step R forward (7), step L beside R (8)

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