

Sway This Way

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Felicia Doble & Dianda Doble - April 2020
音樂: Sway - Luis Fonsi



#8 Count Intro - Part A: 32 Count Part B: 32 Count
Sequence: AB B* AB B* AB

Part A

ROCK BACK, RECOVER, CHA-CHA SIDE, CROSS ROCK, RECOVER, CHA-CHA SIDE

1-2 Rock Back R, Recover L Fwd
3&4 Step R Side, Together Left, Step R Side
5-6 Cross Rock L Over R, Recover Back L
7&8 Step L Side, Together Left, Step L Side

SMOOTH PONY BACK x2, ROCK BACK RECOVER, KICK BALL CROSS

1&2 Step R Back While Popping L Knee Up, Step L Next To R, Step R Back While Popping L Knee Up
3&4 Step R Back While Popping L Knee Up, Step L Next To R, Step R Back While Popping L Knee Up
5-6 Rock Back R, Recover L Forward
7&8 Kick R Diagonally Forward, Ball Step R, Cross Step L over R

ROCK SIDE RECOVER BACK, ROCK SIDE RECOVER ½ TURN L, CROSS SAMBA x2

1&2 Rock R Side, Recover L, Step R Back Behind L
3&4 Rock L Side, Recover R, Making ½ Turn L Step Together L (6:00)
5a6 Cross R Over L, Rock L To side, Recover R
7a8 Cross L Over R, Rock R To Side, Recover L

TRAVELING HEEL GRIND ROCKING CHAIR LEFT x2, BODY ROLL, BALL STEP, DIG SWIVEL

1&2& Traveling L Heel Grind R, Step L Back, Rock R Back, Recover Forward
3&4& Traveling L Heel Grind R, Step L Back, Rock R Back, Recover Forward
5-6& Step R Forward Into Body Roll, Sit Back L Hip, Step R
7&8& Dig L, Swivel L Heel Out, In, Step L Fwd

Part B

STEP PADDLE ½ TURN LEFT, ROCK FWD RECOVER, STEP ROCK RECOVER

1&2& Chug/Paddle ¼ Turn L (3:00)
3&4& Chug/Paddle ¼ Turn L (12:00)
5-6& Push Fwd Ball Of R Foot, Recover L Back, Step R Center
7-8 Rock L Fwd, Rock R Recover Back

REVERSE PADDLE HALF TURN LEFT, SAILOR STEP, ANCHOR STEP

1-4 Reverse Paddle ½ turn L over L Shoulder (6:00)
5&6 Step Behind L, Step Out Right, Step L Foot Slightly Fwd
7&8 Lock R Behind L, Step L In Place, Step R Back

(* Restart Dance Here With Step Change Replace count 7-8 With Hip Roll Ending With Weight on L

½ TURN STEP FWD, ½ TURN STEP BACK, COASTER STEP, KICK STEP TOUCH, KNEE POP BALL STEP

1-2 Turning ½ Turn L Step L Fwd, Turning ½ Turn L Step R Back
3&4 Step L Back, Step R Together, Step L Forward
5&6& Kick R Fwd, Step R Back, Touch L Fwd, Lift Heels Up Popping Knees

7&8 Lower Heels Down, Ball Step L Together, Step R Fwd

RAISED KNEE HIP BUMP x2, COASTER STEP, ½ PIVOT TURN x2

1-2 Raise L Knee Bump L Hip Up Twice

3&4 Step L Back, Step R Together, Step L Fwd

5-6 Step Fwd R, Pivot ½ Turn Left Switching Weight To L (12:00)

7-8 Step Fwd R, Pivot ½ Turn Left Switching Weight To L (6:00)

Step Change To End The Dance:

7-8 Turning ½ Turn L Step R Back, Turning ½ Turn L Step L Fwd Step Forward on R and Pop Your Hip To End It!

Last Update - 28 April 2020
