

Swinging

拍數: 48 牆數: 2 級數: Improver
編舞者: Linda Cook (UK) - October 2020
音樂: I'm Swinging - Carol Stevens : (Album: I'm Swinging - Amazon)



Step. Lock. Shuffle Forward. Rock Forward. Recover. Shuffle Half Turn.

1 - 2 Step forward Right. lock Left behind Right.
3&4 Shuffle forward stepping - Right. Left. Right.
5 - 6 Rock forward on Left . recover back on Right.
7&8 Shuffle half turning Left stepping - Left. Right. Left.

Step. Lock . Shuffle Forward. Rock Forward. Recover. Sailor Quarter Turn Left.

1 - 2 Step forward Right. lock Left behind Right.
3&4 Shuffle forward stepping - Right. Left. Right.
5 - 6 Rock forward on Left. recover back on Right.
7&8 Turn quarter Left stepping - Left. Right. Left. (this describes a quarter turn into a chasse Left not a sailor quarter turn)

Cross Rock. Recover. Chasse Right. Rock Back. Recover. Kick-Ball-Cross.

1 - 2 Cross rock Right over Left. recover back on Left.
3&4 Chasse to Right stepping - Left. Left. Right
5 - 6 Rock back on Left. recover forward on Right,
7&8 Kick Left foot. step onto Left. cross over with Right

Side. Behind. Ball-Step. Cross. Kick-Ball-Change. Paddle Quarter Turn

1 - 2 Step Left to Left side. step behind with Right.
&3-4 Step onto ball of Left foot. cross Right over. step Left to side.
5&6 Kick Right. step onto ball of Right foot. step onto Left foot.
7 - 8 Step forward Right. quarter turn Left

Cross Point. Cross. Point. Rock Forward. Recover. Coaster-Step.

1 - 2 Cross Right over Left. point Left to Left side.
3 - 4 Cross Left over Right. point Right to Right side.
5 - 6 Rock forward on Right. back on Left.
7&8 Step back Right. Step Left beside Right. Step forward Right.

Rock Forward. Recover. Shuffle Half Turn. Jazz-Box.

1 - 2 Rock forward Left. recover back on Right.
3&4 Shuffle half turn Left stepping - Left. Right. Left.
5 - 8 Cross Right over. step back on Left. step Right to Right side. touch Left foot to Right foot.

Start Again

Tag on walls 2,4,6,9

Repeat cross points x2 rock recover coaster step. rock recover. shuffle half turn Left kick ball change. walk Right on Left.

Restarts:-

On wall 5&8 after 32 counts (after paddle steps)

On wall 10 dance to counts 28 then sailor quarter turn step Left across Right. on the diagonal finish

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