

Everybody Switch

拍數: 32 牆數: 2 級數: Improver
編舞者: Adam Åstmar (SWE) & Malene Jakobsen (DK) - June 2022
音樂: Everybody Switch (Fatty Fatty) - Conkarah



Intro: 16 counts from the beginning 10 sec. into track - dance begins with weight on L

Note:

If you don't want to dance it contra, just dance it a normal 2 wall dance.

When doing the contra, follow these instructions:

After every wall you will be switching your contra partner.

We will use Boxers (B) and Socks (S) for this demonstration!

Row 1 (B) face row 2 (B), row 3 (S) face row 4 (S), row 5 (B) face row 6 (B) etc.

B -><- B S -><- S B -><- B S -><- S...

On Odd walls you will face the partner you started with, both are the same type of underwear.

On Even walls you will instead face the next type of underwear, so imagine this little rigmarole:

Boxer Boxer, Sock Sock. Sock Boxer, Sock Boxer. It will then look like this:

<- B B -><- S S -><- B B -><- S S ->...

This means that every even wall row 2 and the second to last wall will be facing no one.

So with this said, best of luck and have fun! ;)

[1-8] Side, together, side rock, cross, side, together, rock 1/4

- 1-2 (1) Step R to R, (2) step L next to R 12.00
3&4 (3) Rock R to R (&) recover onto L, (4) cross R over L 12.00
5-6 (5) Step L to L, (6) step R next to L 12.00
7&8 (7) Rock L to L, (&) make 1/4 turn R, (8) step fwd. on L 3.00

[9-16] R mambo, sailor 1/8, walk fwd., run around 5/8

- 1&2 (1) Rock fwd. on R, (&) recover onto L, (2) step slightly back on R sweeping L from front to back 3.00
3&4 (3) Turn 1/8 L stepping back on L, (&) step R to R, (4) step slightly fwd. on L 1.30
5-6 (5-6) Walk fwd. R, L 1.30
7&8 (7&8) Run around R, L, R in a little more than half a circle making a total of 5/8 left 6.00

[17-24] L mambo, coaster cross, full volta turn L

- 1&2 (1) Rock fwd. on L, (&) recover onto R, (2) step slightly back on L 6.00
3&4 (3) Step back on R, (&) step L next to R, (4) cross R over L 6.00
5&6 (5) Make ¼ turn L, (&) lock R behind L, (6) Make ¼ turn L 12.00
&7&8 (&) Lock R behind L, (7) make 1/4 turn L, (&) lock R behind L, (8) Make 1/4 turn L 6.00

[25-32] Side, touch, side, behind, side, forward, big step fwd., together, bump hips, side, together

- 1&2 (1) Step R to R, (&) touch L next to R, (2) step L to L 6.00
3&4 (3) Cross R behind L, (&) step L to L, (4) step fwd. on R 6.00
5-6 (5) Take a big step fwd. on L, (6) step R next to L 6.00
7& (7&) Bump hips R, L – weight on L 6.00
8& (8) Step R to R, (&) step L next to R 6.00