

Sway Señorita

COPPERKNOB
BYEPOSTETS

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Jesus Pacheco (AUS) - April 2023
音樂: Sway Señorita Remix - Ballroom World Hits



INTRO: 8 COUNT NO TAG NO RESTART

S1. BASIC CHA, BWD RECOVER, MARK TIME CHASSE, FWD RECOVER

1-2 Step back R with L kick a bit, Recover L
3&4 Mark Time Chasse - R L, R Side
5-6 L Cross over R, Recover R
7&8 Mark Time Chasse - L R, L Side

S2. CROSS R OVER L, MARK TIME TURN TO R, PIVOT & SHUFFLE

1-2 Cross R over L, Recover L
3&4 Mark time R L, ¼ Turn R to R (3:00)
5-6 Fwd L, ½ Pivot turn to R with R Hitch (9:00)
7&8 Shuffle – Fwd R, L Behind R, Fwd R

S3. SYNCHRONIZE SAILOR & SUZY Q ENDING ¼ TURN TO L

1-2 Fwd L, ¼ Turn R Behind L (12:00)
3&4 Suzy Q – L Cross over R, R Behind L, L Cross over R
5-6 Fwd diagonally R, L Behind R
7&8 Suzy Q – R Cross over L, L Behind R, R Cross ¼ turn over L (9:00)

S4. ROCK CHAIR, STOMP TURN & HULA HOOPS CLOCKWISE, CLAP BEHIND

1&2 Rocking Chair – Fwd L, R on place, L Behind R
3&4 Rocking Chair – Bwd R, L on place, Fwd R
5-6 ¼ Turn Stomp L to L Side (6:00) while L Hip making Hula Hoop clockwise
(Note: Clapping hands behind at 6 RF, helps rotate our body continuously)
7&8& Hula Hoop Bwd Fwd to R– R Hip to L Hip 2X ending body weight on L Side

NOTE: R Stands for RF and L Stands for LF (Right or Left Foot). Otherwise, L Side or R Side and L or R Hip Bumps are different.

Stay Fit, Keep on Groovin' and Live a Healthier Life. Enjoy guys, ALWAYS!!!

Best regards, Jesus Pacheco – Sydney Australia

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