

Retro Swing

拍數: 64 牆數: 2 級數: High Intermediate - Swing
編舞者: Adam Åstmar (SWE) - April 2023
音樂: Back in Time (feat. Karina Kappel) - Swing Republic : (iTunes)



Intro: 32 counts from first clear drumbeat. Approx. 18 seconds.

Note! Restart occurs on wall 3 after section 4, 32 counts, facing 6:00.

Sect – 1 Jump Fwd with Flick. Kick Fwd. Kick Side. Coaster Step. ½ L. ½ L. Shuffle ½ L with Sweep.

- 1 – 2 Jump forward on LF, flicking RF back (1). Kick RF forward (2).
- 3 – 4 & Kick RF to R side (3). Step back on RF (4). Close LF next to RF (&).
- 5 – 6 Step forward on RF (5). Turn ½ L placing weight on LF (6). {6:00}
- 7 – 8 & 1 Turn ½ L stepping back on RF (7). {12:00} Shuffle ½ turn L stepping LF, RF, LF sweeping RF from back to front (8, &, 1). {6:00}

Sect – 2 Jazz Box. Susie Q's (Traveling Heel Grinds). Cross.

- 2 – 3 – 4 Cross RF over LF (2). Step back on LF (3). Step R on RF (4).
- 5 & Cross L heel over RF, L toe facing R diagonal (5). Keep weight on L heel, grind L toe ¼ to L diagonal and step R on RF. (&)
- 6 & Cross L heel over RF, L toe facing R diagonal (6). Keep weight on L heel, grind L toe ¼ to L diagonal and step R on RF. (&)
- 7 & 8 Cross L heel over RF, L toe facing R diagonal (7). Keep weight on L heel, grind L toe ¼ to L diagonal and step R on RF. (& Cross LF over RF (8). {6:00}

Sect – 3 Jump Out with Side Kick. Side. Behind-Side-Cross. Step Diagonal. Kick. Coaster 1/8 Step.

- 1 – 2 Jump out on RF to R side, kicking LF to L side (1). Step LF to L side (2).
- Optional When jumping out on RF, put hands out to sides with palms facing down.**
- 3 & 4 Step RF behind LF (3). Step L on LF (&). Cross RF over LF (4).
 - 5 – 6 Step forward to L diagonal on LF (5). Kick RF forward (6). {4:30}
 - 7 & 8 Step back on RF (7). Close LF next to RF (&). Turn 1/8 R stepping forward on RF (8). {6:00}

Sect – 4 Step ½ Turn R. Shuffle ½ R. Step Back with Long Slide. Ball. Step.

- 1 – 2 Step forward on LF (1). Turn ½ R placing weight on RF (2). {12:00}
- 3 & 4 Shuffle ½ turn R stepping LF, RF, LF (3, &, 4). {6:00}
- 5 – 6 Take a big step back on RF (5). Start dragging LF towards RF (6).
- 7 & 8 Finish dragging LF towards RF (7). Ball step LF next to RF (&). Step forward on RF (8).

Note! - Restart occurs here on wall 3, facing 6:00 -

Sect – 5 Charlestons Fwd and Back. Step. Step ½ Turn L. ¼ L.

- 1 – 2 Step forward on LF (1). Point RF forward (2).
- 3 – 4 Step back on RF (3). Point LF back (4).
- 5 – 6 Step forward on LF (5). Step forward on RF (6).
- 7 – 8 Turn ½ L placing weight on LF (7). Turn ¼ L stepping R on RF (8). {9:00}

Sect – 6 Rock Back. Side Rock Cross. Dwight Swivels.

- 1 – 2 Rock back on LF (1). Recover on RF (2).
- 3 & 4 Rock L on LF (3). Recover on RF (&). Cross LF over RF (4).
- 5 – 6 Swivel L heel to R, touching R toe next to LF (5). Swivel L toe to R, touching R heel next to LF (6).
- 7 – 8 Swivel L heel to R, touching R toe next to LF (7). Swivel L toe to R, touching R heel next to LF (8).

Sect – 7 Jazz Box ¼ Turn. Mash Potatoes Fwd.

- 1 – 2 Cross RF over LF (1). Turn ¼ R stepping back on LF (2). {12:00}
3 – 4 Step R on RF (3). Step forward on LF (4).
& 5 Twist both heels out (&). Step forward on RF bringing heels back to center (5).
& 6 Twist both heels out (&). Step forward on LF bringing heels back to center (6).
& 7 Twist both heels out (&). Step forward on RF bringing heels back to center (7).
& 8 Twist both heels out (&). Step forward on LF bringing heels back to center (8).

Sect – 8 Step Fwd. Hitch. Coaster Step. Slow Step ½ Turn Bending Knees. Run Fwd x2.

- 1 – 2 Step forward on RF (1). Hitch L knee (2).
3 & 4 Step back on LF (3). Close RF next to LF (&). Step forward on LF (4).
5 – 6 Step forward on RF and bend knees (5) Start turning ½ L, keeping weight on RF (6).
7 – 8 & Finish turning ½ L and straighten knees, keeping weight on RF (7). {6:00} Run forward on LF,
RF (8, &)

Have fun!
