

My New Swag

COPPER KNOB
BY STEPHEN

拍數: 72 牆數: 1 級數: Phrased Intermediate
編舞者: Sophia KSF (MY) & Winnie Lim (MY) - September 2023
音樂: My New Swag (我的新衣) (feat. Nina Wang [王倩倩] & TY) - VAVA



SEQUENCE : AA- BBC AA- BB AA- BBC- BB

Start Intro 22 sec into music
Intro Dance

Section 1 : RF diagonal forward & back with hands swing, hook RF, modified jazzbox

- 1-2 Point RF forward diagonal R, swing left hand (LH) forward with right hand (RH) back (1).
 Point RF back, swing RH forward, LH back (2)
- 3&4& Repeat step (1), swing RH forward, LH back (&), swing LH forward, RH back (4), Hook RF
 over LF, swinging both hands to left (&)
- 5-6 Cross RF over LF, LF back
- 7&8& RF to R, LF next to RF (swinging hands right and left). Swing both hands to right (8) swing to
 left (&)

Section 2 : Raising hands right and left, in out, rock back, recover bend & hitch

- 1-2 Bend both legs slightly, raise RH above head, keeping LH close to chest level (1) Raise LH
 above head, keeping RH at chest level (2)
- 3&4 Repeating same hand movements right left right
- &5-6 RF back (&), LF next to RF swing both hands forward (5). Rock RF back (6)
- 7-8 Step RF next to LF slightly bend closing both hands to chest, hitch RF reaching both hands
 forward

PART A

Section 1 : Forward R, Scoot, shrug shoulders, out, out, step together, vaudeville

- 1-2 RF forward, lock LF behind, raising RF heel
- &3 Shrug shoulder R and L
- &4& Out RF and LF, bring both feet together
- 5&6& Cross LF over RF, RF to R, left heel diagonal L, step LF next to RF
- 7&8& Cross RF over LF, LF to L, right heel diagonal R, touch RF next to LF

Section 2 : 1/4R forward, point LF 1/4R, pop knee in out, diagonal forward, hitch, R back, side, cross, point LF

- 1-2 ¼ R turn, RF forward, ¼ R turn, point LF to left
- 3&4& Pop left knee in, out, in, out
- 5-6 LF forward diagonal R, hitch RF (7.30)
- 7&8& Step RF back (square back to 6:00) LF to left, cross RF over LF, point LF to left

(A- : 16C with step change on last count on '&' change to LF to left)

Section 3 : LF point in out, together, point switches, forward point switches, kick, RF back ¼ R turn, LF to left

- 1&2 Touch LF next to RF, point LF to L, close LF to RF
- &3&4 Point RF to R, Close RF to LF, point LF to L, Closed LF to RF
- &5&6 Touch RF forward, close RF to LF, touch LF forward, close LF to RF
- 7&8 Kick RF forward, 1/4R turn, RF behind LF, step LF to L (9:00)

Section 4: Diagonal forward touch R L, forward recover ½ turn, diagonal forward L, R with body wave, ¼ L forward

- 1&2& RF diagonal R forward, touch LF next to RF, LF diagonal forward L, touch RF next to LF
- 3&4 RF forward, recover onto LF, ½ turn R, RF forward (3:00)

- 5&6 LF diagonal forward L, touch RF next to LF, RF forward diagonal R
7&8 Body wave, finish weight on LF (7), RF behind LF (&), ¼ left turn, LF forward (8)

PART B

Section 1 : Chug x 3, weave to left

- 1-2 ¼ right turn, RF to R, recover weight to LF
3-4 ¼ right turn, RF to R, recover weight to LF
5-6 ¼ right turn, RF to R, recover weight to LF
7&8& Cross RF over LF, LF to L, RF behind LF, LF to L

Section 2 : Cross recover side R L. Diagonal kick, rock back recover, R L

- 1&2 RF cross over LF, recover on LF, RF to R
3&4 LF cross over RF, recover on RF, LF to L
5&6& Kick RF diagonal R, RF to R, rock LF behind RF, recover onto RF
7&8& Kick LF diagonal L. LF to L, rock RF behind LF, recover onto LF

PART C

Section 1 : Vine to L, hook L, hand movements on pretend mirror and brushing hair

- 1-4 Cross RF over LF, LF to L, RF behind. Hook LF over RF LH open up and RF to side, shoulder level
5-6 Cross LF over RF, hold up LH as pretend mirror to face level
7-8 Brush RH over heard anti clockwise

Section 2 : Pretend powdering face, cross hands over chest, brush down alongside body

- 1-4 Pretend powdering face using RH from left to right cheek x 2
5-6 RH to left shoulder, LH to right shoulder
7-8 Open both hands to side of body & brush down.

Section 3 : Brush down each arm, flick, full turn with run, circling hands above, open out to R

- 1-4& RH brush down from upper left arm. LH brush down from upper right arm, flick RF to right, swing both hands to right
5&6& RF ¼ L forward, LF ¼ L forward, RF ¼ L forward, LF forward, circle hands above head anti clockwise during run
7-8 Place left hand close to left cheek, right hand push out to right diagonal
(C- : 22C with step change on step 5 & 6, cross RF over LF (5), unwind full turn L (6))
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