

Sway Cha

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Russibell Seoh (KOR) - October 2023
音樂: Sway - The Pussycat Dolls



Intro :32 Counts - No Tag ! / No Restart !

Sec1 : Rock R Fwd, Recover On L , R Back Shuffle , Rock L Back & Turn Head To L , Turn Head To R & Look Straight Ahead , Hip Sway R L

12 Rock R Fwd, Recover On L

3&4 R Back Shuffle

56 Rock L Back & Lower Your Head & Turn Head To L , Lift Your Head & Look Straight Ahead

Styling : Sitting position with both legs banded

78 Hip Sway R L

Sec2 : 1/4 R Turn Step Cross R Behind L , Hold , Step Cross L Behind R , Hold , Rock R Back , Recover On L , 1/2 L Turn Step R Back , 1/4 L Turn Step L Side

12 1/4 R Turn Step Cross R Behind L (3:00) , Hold

34 Step Cross L Behind R , Hold

56 Rock R Back , Recover On L

78 1/2 L Turn Step R Back , 1/4 L Turn Step L Side

Sec3 : In Place Step R , Hold , In Place Step L R , Rock L Fwd, Recover On R , 1/2 L Turn L Shuffle Fwd

12 In Place Step R , Hold

34 In Place Step L R

56 Rock L Fwd, Recover On R

7&8 1/2 L Turn Step L Fwd (12:00), Step R Lock Behind L , Step L Fwd

Sec4 : , R Shuffle Fwd , 1/4 R Fwd L Rock , Recover On R , L Back & Touch R Fwd , Shift Weight R Foot At This Time Clockwise R Hip Roll , Sweep R From Front To Back , R Back At This Time L Knee Bent Toe Touch In Place , Shift Weight L Foot Anti Clockwise L Hip Roll , Sweep L Front To Front To Back , Step L Back

1&2 Step R Fwd , Step L Lock Behind R , Step R Fwd

3&4 1/4 R Fwd L Rock , Recover On R , Step L Back At This Time Touch R Fwd Bending R Knee

5&6 Shift Weight R Foot At This Time R Hip Roll Clockwise , Sweep R From Front To Back , R Back At This Time L Knee Bent Toe Touch In Place

7& Shift Weight L Foot At This Time Hip Roll Anti Clockwise , Sweep L From Front To Back

8 Step L Back

Happy Dancing~~