

Swedish Fika

拍數: 48 牆數: 2 級數: Phrased Easy Intermediate
編舞者: The Lost in Line Crew (SWE) - December 2023
音樂: Swedish Fika (2022 Remastered Version) - Go Royal



Intro: 56 counts, approx. 32 sec
Sequence: AABbt AABt AAAA

A: 32c

[1-8] STEP R, TOGETHER, TOE LIFTS, V-STEP

1, 2 Step RF forward (1), Step LF beside RF (2).
3, 4 Lift both toes up (weight on your heels) (3), lower both toes (keep weight on left) (4).
5, 6, 7, 8 Step RF out to R diagonal (5), step LF out to L diagonal (6), step RF back (7), step LF beside RF (8).

[9-16] HIP BUMPS R-L, POINT FWD-SIDE, JAZZBOX 1/4 TURN R, CROSS

1, 2 Bump hips R (1), bump hips L (weight ends on L) (2).
3, 4 Point RF forward (3), point RF to R side (4).
5, 6, 7, 8 Cross RF over L (5), step LF back (6), make 1/4 turn R stepping RF to R side (7), cross LF over RF (8). 03:00

[17-24] VINE R, SCUFF, STEP TURN 1/2 x2

1, 2, 3, 4 Step RF to R side (1), step LF behind RF (2), step RF to R side (3), scuff LF forward (4).
5, 6, 7, 8 Step LF forward (5), make a 1/2 turn R taking weight on RF (6), step LF forward (7), make a 1/2 turn R taking weight on R (8).

[25-32] SLOW LOCK STEP, SCUFF, JAZZBOX 1/4 TURN R, TOGETHER

1, 2, 3, 4 Step LF forward (1), lock RF behind LF (2), step LF forward (3), scuff RF forward (4).
5, 6, 7, 8 Cross RF over L (5), step LF back (6), make a 1/4 turn R stepping RF to R side (7), step LF beside RF (8). 06:00

B: 16c

Part B is danced as a Nightclub, counted as half-beats to full BPM

[1-9] BASIC R, BASIC L, 1/4 TURN, 1/4 TURN, STEP BACK, L COASTER STEP WITH SWEEP

1, 2& Step RF to R side (1), Step LF behind RF (2), Step RF in place (&).
3, 4& Step LF to L side (3) Step RF behind LF (4), Step LF in place (&).
5, 6 Make a 1/4 turn R and step RF forward (5), make a 1/4 turn R and step LF to L side (6).
06:00
7 Step back on RF (7).
8&1 Step back on LF (8), step RF beside LF (&), step LF forward sweeping RF from back to front (1).

[10-16] STEPS WITH SWEEP R-L, R MAMBO WITH SWEEP, BACK WITH SWEEP L-R, BACK WITH KNEE POP

2, 3 Step RF forward sweeping LF from back to front (2) 06:00, step LF forward sweeping RF from back to front (3).
4&5 Rock RF forward (4), recover onto LF (&), step RF back sweeping LF from front to back (5).
6, 7 Step LF back sweeping RF from front to back (6) 06:00, step RF back sweeping LF from front to back (7).
8 Step LF slightly back popping R knee forward (8).

Tag

[1-8] DOROTHY R-L-R, STOMP, TOUCH

1, 2& Step RF diagonally forward R (1), lock LF behind RF (2), step RF diagonally forward R (&).

3, 4& Step LF diagonally forward L (3), lock RF behind LF (4), step LF diagonally forward L (&).
5, 6& Step RF diagonally forward R (5), lock LF behind RF (6), step RF diagonally forward R (&).
7, 8 Stomp LF forward (7), touch RF in place (8).

Variation: do a stomp up instead of the touch on 8

Ending

The last wall starts facing 12:00, do the first 4 counts of A then strike a pose!
