

Uptown Sway

拍數: 96 牆數: 1 級數:
編舞者: La'Wana - April 2024
音樂: Uptown Sway - La'Wana



Start after the 32 count instrumental

This dance has 3 sections, each section is 32 counts.

It is a one wall dance that is completed three times.

You will start the dance a 4th time with part 3 only (without the turns on the sways)

PART 1

Do the Jamie Fox (counts 1-16)

1-4 Touch R foot forward, Touch R foot to the side, Shuffle in place RLR
5-8 Touch L foot forward, Touch L foot to the side, Shuffle in place LRL
9-16 Repeat 1-8
17-20 Step R forward, pivot $\frac{1}{4}$ L as you snap your fingers, Step R-L as you turn $\frac{1}{4}$ L
21-24 Repeat 17-20
25-28 Stomp R to the side, Touch L beside R, Stomp L to the side, Touch R beside L
29-32 Repeat 25-28

PART 2

1-8 Body Roll to the R for 8 counts (alternative: hip sways)
9-16 Body Roll to the L for 8 counts (alternative: hip sways)
17-20 Kick R, Touch R beside L, Tap R beside L twice
21-24 Step R, Pivot $\frac{1}{8}$ to the L, Step R, Pivot $\frac{1}{8}$ to the L
24-32 Repeat 17-24

PART 3

1-8 Shuffle forward RLR, LRL, Step Back RLRL
9-12 Sway to the R—Step R to the side (sway body), hold on even count
Sway to the L—Transfer weight to the L (sway body), hold on even count
13-16 Repeat 9-12
17-24 Shuffle forward RLR, LRL, Step Back RLRL
25-28 Sway to the R—Step R to the side (sway body), hold on even count
Sway to the L—Transfer weight to the L as you turn $\frac{1}{4}$ L, hold on even count
29-32 Sway to the R as you transfer weight to R foot, turning $\frac{1}{4}$ to the L to
Face the front hold on even count (starting position),
Sway to the L—Transfer weight to the L foot

Repeat Part 1, 2 and 3 three times.

The song ends with a repeat of the chorus.

Complete Part 3 counts 1-16 twice (no turn on the second set of sways)

Enjoy

Submitted by: tanya curry Email: hellotanyacurry@gmail.com