

L.A. Swing

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Henry Damen (NL)
音樂: Swingit - Bus Stop



BASIC RUMBA STEPS, LOCK STEP, ½ TURN, STEP ½ PIVOT

1&2 Step left side left, step right next to left, step left forward
3&4 Step right side right, step left next to right, step forward right
5&6 Step back left, lock right in front of left, step back left
7&8 ½ turn right stepping right forward, step forward left, ½ turn right

CROSS CLOSE DIAGONAL STEPS, WALK FORWARD, ROCK STEP, ½ TURN LEFT

9&10 Step left across right, step right next to left, step left diagonal forward
11&12 Step right across left, step left next to right, step right ¼ turn right
13-14 Walk forward left, walk forward right
15&16 Rock forward left, step right in place, ½ turn left stepping left forward

SKATER STEPS FORWARD, ROCK STEP, COASTER STEP

17-18 Skate forward right, skate forward left
19&20 Skate forward right, skate forward left skate forward right & ¼ turn right
21-22 Rock forward left, step right in place
23&24 Step back left, step left right next to left, step forward left

SIDE ROCK & CROSS STEP, ROCK WITH ¼ TURN, STEP FORWARD, ½ TURN RIGHT

25&26 Rock right side right, step left in place, step right across left
27&28 Rock left side left, step right in place, step left across right
29&30 Rock right forward & ¼ turn right, step left in place, step right next to left
On count 29, put hands on the back of your head and push pelvis forward
31-32 Step forward left, make ½ turn right

REPEAT
