

Lazy Sway

拍數: 68 牆數: 4 級數: Intermediate
編舞者: Connie Maxwell
音樂: Slow Hand - Conway Twitty



SIDE STEP SLIDE, TURNING SHUFFLE, STEP TURN AND CROSS SHUFFLE

1-2-3&4 Step right to right side, slide left beside right, turning ¼ right shuffle forward right-left-right
5-6-7&8 Step left forward, pivot ¼ right, cross shuffle left over right, stepping left-right-left

ROCK & CROSS, HIP SWAY, LEFT SAILOR, RIGHT SAILOR

1&2-3-4 Rock right to right side, recover on left, cross right over left, stepping left to left sway hips left-right
5&6-7&8 Step left behind right, step right to right, step left in place, step right behind left, step left to left, step right in place

ROCK, ½ TURNING SHUFFLE, AND ROCKING CHAIR

1-2-3&4 Rock forward on left, recover on right, ½ turn left shuffling forward left-right-left
5-6-7-8 Rock forward on right, recover on left, rock back on right, recover on left

STEP ½ TURN, SHUFFLE, STEP ½ TURN, SHUFFLE

1-2-3&4 Step forward on right, pivot ½ turn left, shuffle forward right-left-right
5-6-7&8 Step forward on left, pivot ½ turn right, shuffle forward left-right-left,

Restart from here on wall 3

ROCK & CROSS, 2 PADDLE TURNS AND COASTER

1&2-3-4 Step right to right side, recover on left, cross right over left, step forward on left, pivot ¼ right on right
5-6-7&8 Step forward on left, pivot ¼ right on right, step back on left, step right beside left, step left forward

STEP, SHUFFLE, ROCK, TURN AND TOUCH

1-2&3-4 Step forward on right, shuffle forward left-right-left, rock forward on right
5-6-7-8 Rock back on left, turning ½ turn right step forward on right, step forward on left, touch right beside left

Restart from here on wall 2

SIDE DRAG, HEEL DROPS, SIDE DRAG, HEEL DROPS

1-2-3-4 Large step right to right side, drag left together, raise and drop left heel twice for 3-4
5-6-7-8 Large step left to left side, drag right together, raise and drop right heel twice for 7-8

ROCK, ROCK, STEP ½ TURN, STEP POINTS

1-2-3-4 Rock back on right forward on left, step forward on right turning ½ turn left step forward on left
5-6-7-8 Step forward on right, point left to left, step forward on left, point right to right

HIP SWAYS

1-2-3-4 Stepping slightly forward on right sway hips right-left-right-left

REPEAT

RESTART

On wall 2 dance first 48 steps, (up to right touch beside left,) and restart from beginning facing back wall
On wall 3, dance first 32 steps, (up to left shuffle forward,) and restart from beginning facing the back wall

