

# Sinatra Swing

拍數: 32      牆數: 4      級數: Improver straight rhythm  
編舞者: Sho Botham (UK)  
音樂: I've Got You Under My Skin - Michael Bolton



## WALKS RIGHT, LEFT AND PRESSURE SWAYS

- 1-4            Two walks right left towards right corner  
5-6-7        Three pressure sways right-left-right towards right corner (rocking diagonally forward onto right, rock diagonally back onto left and repeat rock forward onto right)  
8             Hold - but let the natural movement of the last sway continue to maintain the flow of the dance

To dance pressure sways, stand with feet apart (in this dance right forward to right corner, left back to left back corner) sway weight from foot to foot maintaining some pressure/weight on both feet throughout

## STEP LEFT ½ TURN PIVOT RIGHT, STEP LEFT ACROSS, SIDE STEPS INTO LUNGE ON RIGHT

- 9-12         Step left forward to right corner, ½ turn pivot (amount of turn actually 3/8), step left across front to right, hold  
13-16        Step right to right side, close left to right, step right to right in lunge, hold

## CROSS STEP STEP COMBINATION WITH ¼ TURN RIGHT, 2 WALKS FORWARD LEFT, RIGHT

- 17            Step left across front of right  
18            Step right to right  
19            Step in place left  
20            Step right across front of left  
21            Step left to left making ¼ turn to right  
22            Step in place right  
23-24        Two walks forward left, right

## ROCK LEFT ACROSS RIGHT, TOUCH RIGHT BEHIND, STEP IN PLACE RIGHT WITH ¼ TURN LEFT, STEP FORWARD LEFT, ROCK FORWARD RIGHT, COASTER LEFT-RIGHT-LEFT

- 25-26        Rock left across front of right, touch right crossed behind left  
27-28        Step right in place with ¼ turn left, step forward left with ¼ turn left  
29            Rock forward onto right  
30-31-32    Coaster - stepping back left, back right closing feet together, step forward left

## REPEAT

Styling: think Fred and Ginger and American Smooth. Let the body and arms flow with the steps and use a lunge action to create long leg lines in cross step step combination in Section 3