

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