

Southern Swing (P)

拍數: 40 牆數: 0 級數: Partner
編舞者: Lois Lightfoot (UK)
音樂: Unknown



Position: Facing each other, man's right hand holding lady's left

MAN'S STEPS

RIGHT SHUFFLE SIDE, ROCK BACK, LEFT SHUFFLE SIDE, ROCK BACK

- 1&2 Step right foot to side, step left to right, step right foot to side
3-4 Cross left behind right & rock back, recover weight onto left foot
5&6 Step left foot to side, step right next to left, step left foot to side
7-8 Cross right behind left & rock back, recover weight onto right

RIGHT SHUFFLE ¼ TURN LEFT, ROCK BACK, WALK FORWARD, SHUFFLE FORWARD

- 9&10 Step right foot to side, step left next to right, step right to aide making ¼ turn left
11-12 Rock back onto left foot, recover weight onto right foot (keep right hand joined)
13-14 Walk forward on left foot, walk forward on right foot
15&16 Step left foot forward, step right foot next to left, step left foot forward

SHUFFLE FORWARD, RIGHT, LEFT, RIGHT, TURNING SLIGHTLY, SHUFFLE ½ TURN

- 17&18 Step forward on right turning slightly to left, step right to left, step forward on right
19&20 Step forward on left turning slightly to right, step left to right, step forward on left
21&22 Step forward on right turning slightly to left, step right to left, step forward on right
23&24 Step forward on left turning ½ turn to right, step right to left, step left forward

Drop right hands as you turn & pick up left hands as you finish

ROCK BACK ON RIGHT, SHUFFLE, FORWARD, STEP PIVOT ½ TURN, SHUFFLE ¼ TURN

- 25-26 Step right foot back & rock back, recover weight onto left foot
27&28 Step right foot forward, step left next to right, step right foot forward
29-30 Step left foot forward, pivot ½ turn right (dropping left hands as you turn picking up right hands)
31&32 Step left foot to side making ¼ turn to right, step right next to left, step left to side

WEAVE TO LEFT, KICK LEFT, WEAVE RIGHT, SCUFF RIGHT

- 33-34 Cross right foot behind left, step left foot to side
35-36 Cross right foot over left, kick left foot out to left side
37-38 Cross left foot behind, step right foot to side
39-40 Cross left foot in front of right, scuff right next to left

REPEAT

LADY'S STEPS

LEFT SHUFFLE SIDE, ROCK BACK, RIGHT SHUFFLE SIDE, ROCK BACK

- 1&2 Step left foot to side, step right to left, step left foot to side
3-4 Cross right behind left & rock back, recover weight onto right foot
5&6 Step right foot to side, step left next to right, step right foot to side
7-8 Cross left behind right & rock back, recover weight onto left foot

LEFT SHUFFLE ¼ TURN RIGHT, ROCK BACK, WALK FORWARD, SHUFFLE FORWARD

- 9&10 Step left foot to side, step right next to right, step left to aide making ¼ turn right
11-12 Rock back onto right foot, recover weight onto left foot (keep left hand joined)

13-14 Walk forward on right foot, walk forward on left foot
15&16 Step right foot forward, step left foot next to right, step right foot forward

SHUFFLE FORWARD, LEFT, RIGHT, LEFT, TURNING SLIGHTLY, SHUFFLE ½ TURN

17&18 Step forward on left turning slightly to right, step left to right, step forward on left
19&20 Step forward on right turning slightly to left, step right to left, step forward on right
21&22 Step forward on left turning slightly to right, step left to right, step forward on left
23&24 Step forward on right turning ½ turn to left, step left to right, step right forward

Drop left hands as you turn & pick up right hands as you finish

ROCK BACK ON LEFT, SHUFFLE FORWARD, STEP PIVOT ½ TURN, SHUFFLE ¼ TURN

25-26 Step left foot back & rock back, recover weight onto right foot
27&28 Step left foot forward, step right next to left, step left foot forward
29-30 Step right foot forward, pivot ½ turn left (dropping right hands as you turn picking up left hands)
31&32 Step right foot to side making ¼ turn to left, step left next to right, step right to side

WEAVE TO RIGHT, KICK LEFT, WEAVE LEFT, SCUFF LEFT

33-34 Cross left foot behind right, step right foot to side
35-36 Cross left foot over left, kick right foot out to right side
37-38 Cross right foot behind, step left foot to side
39-40 Cross right foot in front of left, scuff left next to right

REPEAT
