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 1/4 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)
12 1/	Walk forward on left foot, walk forward on right foot

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 1/2 TURN, SHUFFLE 1/4 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 $\frac{1}{2}$ 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 1/4 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 1/4 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 ½ 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