

Swangin'

拍數: 32 牆數: 2 級數: Improver
編舞者: Vickie Vance-Johnson (USA)
音樂: Forever and a Day - Gary Allan



KICK RIGHT FOOT FRONT, SIDE, DRUNKEN SAILOR, REPEAT WITH LEFT FOOT LEAD

- 1 Kick right foot forward
- 2 Kick right foot to right side
- 3 Step right foot behind left foot (begin "drunken sailor")
- & Step left foot to left side
- 4 Stomp right foot to right side
- 5 Kick left foot forward
- 6 Kick left foot to left side
- 7 Step left foot behind right foot (begin "drunken sailor")
- & Step right foot to right side
- 8 Stomp left foot to left side

STEP-SLIDE DIAGONALLY TO RIGHT TWICE, STEP, ROCK STEP, TAP LEFT TOE

- 1 Step right foot forward at a 45-degree angle to right
- 2 Slide left foot to right foot
- 3 Step right foot forward at a 45-degree angle to right
- 4 Slide left foot to right foot
- 5 Step right foot forward at a 45-degree angle to right
- 6 Rock left foot forward
- 7 Step right foot in place (recover)
- 8 Tap left toe next to right foot (facing forward)

STEP-SLIDE DIAGONALLY TO LEFT TWICE, STEP, ROCK STEP, TAP RIGHT TOE

- 1 Step left foot forward at a 45-degree angle to left
- 2 Slide right foot to left foot
- 3 Step left foot forward at a 45-degree angle to left
- 4 Slide right foot to left foot
- 5 Step left foot forward at a 45-degree angle to left
- 6 Rock right foot forward
- 7 Step left foot in place (recover)
- 8 Tap right toe next to left foot (facing forward)

ROCK-STEP (RIGHT FOOT LEAD) FRONT & BACK, PIVOT TURN, STOMP FORWARD RIGHT, LEFT

- 1 Rock right foot forward
- 2 Step left foot in place (recover)
- 3 Rock right foot behind left foot
- 4 Step left foot in place (recover)
- 5 Step right foot forward
- 6 Pivot ½ to left and step down on left foot (left foot is forward)
- 7 Stomp right foot forward
- 8 Stomp left foot forward

REPEAT
