

Sway

拍數: 32 牆數: 2 級數: Improver
編舞者: Nelson Wong (CAN)
音樂: Sway - The Pussycat Dolls



SWAY, SWAY, BACK ROCK, CHASSE ¼ TURN RIGHT, POINT TOE LEFT AND POINT TOE RIGHT

- 1-2 Small step right foot to side and sway hip to the right, sway hip to the left with weight back on left foot
- 3-4 Step right foot back, recover weight on left foot
- 5&6 Step right foot to right side, step left foot next to right foot, step right foot forward, making ¼ turn right (3:00)
- 7&8 Touch left toe out to left side, step left foot next to right foot, touch right toe out to right side

ROCKING CHAIR, 2 X ¼ SWAY RIGHT, SHUFFLE FORWARD

- 1-2 Rock forward on right, recover weight on left foot
- 3-4 Rock back on right, recover weight on left foot
- 5-6 Step right foot with hip sway while making ¼ turn to right, sway hip to the left with weight back on left foot while making ¼ turn right (9:00)
- 7&8 Shuffle forward on right

STEP FORWARD LEFT, SPIRAL RIGHT ¾, CHASSE RIGHT, 2 X CROSS BALL-CHANGE

- 1-2 Step forward left, on weight of left foot spiral ¾ right turn
- 3&4 Step right to right side, step left next to right, step right to right side (6:00)
- 5&6 Cross left foot over right foot, rock ball of right foot side right, recover to left,
- 7&8 Cross right foot over left foot, rock ball of left foot side left, recover to right,

FORWARD ROCK, SWAY, SWAY, TOGETHER, SWAY, SWAY, CROSS UNWIND FULL-TURN

- 1-2 Step left foot forward, recover weight on right foot
- 3-4 Small step left foot to side and sway hip to the left, sway hip to the right with weight back on right foot
- & Step left foot next to right foot
- 5-6 Small step right foot to side and sway hip to the right, sway hip to the left with weight back on left foot
- 7-8 Cross right foot over left foot, unwind full-turn left, ending with weight on left foot

REPEAT
