

Sway

拍數: 32 牆數: 4 級數: Improver
編舞者: Michelle Jones (UK)
音樂: Mucho Mambo (Sway) - Shaft



BRUSH, SWEEP & TAPS, SHUFFLES

- 1-2 Brush right foot forward, sweep right foot back across left foot
- 3-4 Tap right toe twice on left side of left foot (in time with toe taps move shoulders up and down)
- 5&6 Shuffle forward (right left right) with shoulders angled $\frac{1}{4}$ to the left
- 7&8 Shuffle forward (left right left) with shoulders angled $\frac{1}{4}$ to the right

SWAYS, SYNCOPATED TRIPLE STEPS

- 9-10 Step right foot diagonally forward while swaying hips to the right, sway hips back onto left foot
- 11&12 Step right foot behind left foot, step left foot to left, step right foot slightly in front of left foot
- 13-14 Step left foot diagonally forward while swaying hips to the left, sway hips back onto right foot
- 15&16 Step left foot behind right foot, step right foot to right, step left foot slightly in front of right foot

$\frac{1}{2}$ PIVOT, SHUFFLES FORWARD, RIGHT STEP, LEFT STEP

- 17-18 Step right foot forward, pivot $\frac{1}{2}$ turn to left, weight now on left foot
- 19&20 Shuffle diagonally forward (45 degree angle) (right left right) to right
- 21&22 Shuffle diagonally forward (45 degree angle) (left right left) to left
- 23-24 Step right foot to right side, step left foot behind right foot

ROCK, CROSS SHUFFLE, WALK, WALK, SYNCOPATED TRIPLE STEP

- 25-26 Step right foot diagonally behind (45 degree angle) to right (add a small jump onto right step or sway onto it slightly), rock diagonally forward onto left foot
- 27&28 Step right foot across left, step left foot up to right foot, step right foot across left foot
- 29-30 Step left foot forward while making $\frac{1}{4}$ turn to left, step right foot forward
- 31&32 Triple step left right left moving only slightly forward on each step

REPEAT

TAG

- 1-2 Touch right foot out to right side, step right foot in place
- 3-4 Touch left foot out to left side, step left foot forward
- 5 Make $\frac{1}{2}$ turn pivot to right, weight now on right foot
- 6-7 Touch left foot out to left side, step left foot in place
- 8-9 Touch right foot out to right side, step right foot forward
- 10 Make $\frac{1}{2}$ turn pivot to left, weight now on left foot
- 11 Step right foot forward
- 12&13 Step left foot back, step right foot beside left foot, step left foot forward
- 14 Make $\frac{1}{4}$ turn to right while stepping right onto right foot
- 15&16 Touch left heel forward, step onto ball of left foot, touch right toes next to left foot

Begin the dance as soon as the music starts (i.e. - there is only an 8 beat count in). After 3 walls have been completed the tag is danced once and then continue to the end of the music as before. At the end of the music (i.e. During the 10th wall following the bridge), on the 29th beat of the dance sequence, stomp left foot forward, place hands on hips (with force and attitude) and hold head high.