

# Swaying Free

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 2      級數: Improver  
編舞者: Maria Blackwell (USA)  
音樂: Take a Chance On Me - Erasure



## WEAVE, LINDY RIGHT, ROCK STEP

1-4      Step to right, step left behind right, step to right, step left across in front  
5&6      Step to right, step left next to right, step to right (side shuffle right-left-right)  
7-8      Rock back on left, recover on right

## FOUR ¼ PUSH TURN SWAYS

1-2      Step to left on ball of left, push ¼ turn (towards right) and swaying hip to left by the end of the turn (you should end facing 12:00)  
3-4      Step to left on ball of left, push ¼ turn (towards right) and swaying hip to left by the end of the turn (you should end facing 3:00)  
5-6      Step to left on ball of left, push ¼ turn (towards right) and swaying hip to left by the end of the turn (you should end facing 6:00)  
7-8      Step to left on ball of left, push ¼ turn (towards right) and swaying hip to left by the end of the turn (you should end facing 9:00)

## ¼ TURN, WEAVE, LINDY LEFT, ROCK STEP

1-4      Making ¼ turn to face front wall step on left, step right behind left, step to left, step right across in front  
5&6      Step to left, step right next to left, step to left (side shuffle left-right-left)  
7-8      Rock back on right, recover on left

## FOUR ¼ PUSH TURN SWAYS

1-2      Step to right on ball of right, push ¼ turn (towards left) and swaying hip to right by the end of the turn (you should end facing 12:00)  
3-4      Step to right on ball of right, push ¼ turn (towards left) and swaying hip to right by the end of the turn (you should end facing 9:00)  
5-6      Step to right on ball of right, push ¼ turn (towards left) and swaying hip to right by the end of the turn (you should end facing 6:00)  
7-8      Step to right on ball of right, push ¼ turn (towards left) and swaying hip to right by the end of the turn (you should end facing 3:00)

## ¼ TURN ROCK STEP, SHUFFLE BACK, SHUFFLE BACK, ROCK STEP

1-2      Turning ¼ (to face 12:00) rock forward on right, recover on left  
3&4      Shuffle back right-left-right  
5&6      Shuffle back left-right-left  
7-8      Rock back on right, recover on left

## LINDY RIGHT, ROCK STEP, SHUFFLE FORWARD, PIVOT ½

1&2      Step to right, step left next to right, step to right (side shuffle right-left-right)  
3-4      Rock back on left, recover on right  
5&6      Shuffle forward left-right-left  
7-8      Step forward on right, pivot ½ turn left

**REPEAT**