

Swayzee Shuffle

拍數: 48 牆數: 4 級數: Improver
編舞者: Alan Lewis (UK) & Nosmo King (UK)
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



HEEL GRIND & CROSS, SIDE ROCK, SAILOR STEP

1-2 Grind right heel forward, step back on left
3&4 Step back on right, step left in place, cross right over left
5-6 Rock left to left side, rock onto right
7&8 Step left behind right, step right to right side, step left in place

SIDE ROCK, SAILOR TURN, HEEL GRIND & CROSS

9-10 Rock right to right side, step left in place
11&12 Step right behind left making ¼ turn right, step left in place, step right in place
13-14 Grind left heel forward, step back on right
15&16 Step back on left, step on right, cross left over right

SIDE ROCK SAILOR STEP, SIDE ROCK, COASTER STEP

17-18 Rock right to right side, rock onto left
19&20 Step right behind left, step left to left side, step right in place
21-22 Rock left to left side, step right in place
23&24 Step left back, step right in place, step left forward

½ TURN PIVOT & SHUFFLE, ½ TURN SHUFFLE

25-26 Step forward on right, pivot ½ turn left
27&28 Step forward on right, left in place, right forward
29&30 Step forward on left, ½ turn right on right, step left in place
31-32 Rock back on right, step left in place

ROCK STEP, SHUFFLE FORWARD (SWAYZEE SHUFFLE)

33-34 Rock forward on right, rock back on left (roll hips turn body slightly left)
35&36 Right shuffle forward, right, left, right
37-38 Rock forward on left, rock back on right (roll hips turn body slightly right)
39&40 Left shuffle forward, left, right, left

ROCK STEP X 3, ½ TURNS, HEEL TAPS

41-42 Rock forward on right, step back on left
43&44 Step back on right with ½ turn right, step forward on left with ½ turn right
45-46 Step back on right with ½ turn right, step forward on left
47&48 Tap right heel forward, step right in place, tap left heel forward
&1 Step left in place. Start again. Grind right heel forward

REPEAT

Dance starts 16 beats after the beat picks up, vocals say "I've been waiting". On wall 8, steps 13-41 the music stops and you have to keep in time with just the vocals.