

# 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.