

The Sweep

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Sweep - Los Umbrellos



HEEL-TOE SWIVELS TRAVELING RIGHT AND LEFT

1-2 Slide both heels to the right, slide both toes to right
3&4 Slide heels-toes-heels to right
5-6 Slide both heels to left, slide both toes to left
7&8 Slide heels-toes-heels to left

ROCK STEPS AND COASTERS

1-2 Rock forward on right foot, recover onto left
3&4 Step back on right, step left beside right, right steps forward.
5-6 Rock forward on left foot, recover onto right
7&8 Step back on left, step right beside left, left steps forward

SYNCOPATED TOE TOUCHES WITH HOLDS, STEP, KICK

1-2 Touch right toe out to side, hold for one beat
&3 Quickly step right foot slightly forward of left foot and touch left toe out to side,
4 Hold for 1 beat
&5 Quickly step left foot slightly forward of right foot and touch right toe to side
6 Hold for 1 beat
&7 Quickly step right foot slightly forward of left foot, step left foot forward
8 Kick right foot forward.

BRUSH OR "SWEEP" BACK TURNING ½ RIGHT, HITCH, TRIPLE STEP, STOMPS, HIP BUMPS

1-2 Brush or sweep the ball of right foot back. Using momentum from sweep, turn around ½ to the right hitching right knee up.
3&4 Triple step (shuffle) forward right, left, right
5 Stomp left foot out to side slapping left hand on left buttocks
6 Stomp right foot (parallel to left foot and shoulder's width apart) slap right hand on right buttocks
7&8 Bump hips left-right-left

LINDY TO RIGHT, TRIPLE STEP TO LEFT. CROSS STEP WITH ¾ TURN

1&2 Triple step to right side right, left, right
3-4 Rock back on left, recover onto right foot
5&6 Triple step to left side left, right, left
7-8 Step ball of right foot behind left, unwind ¾ to right ending with weight on left foot.

HEEL FORWARD, TOE SIDE, HEEL FORWARD, TOE SIDE, HEEL JACKS

1&2 Touch right heel forward, step right foot beside left, touch left to out to side
3&4 Touch left heel forward, step left beside right, touch right toe out to side
&5 Quickly step back on right foot, tap heel forward and 45° To left with left heel,
&6 Step left beside right, touch right toe beside left foot.
&7&8 Repeat steps &5&6

½ PIVOT TURN LEFT, TRIPLE STEP FORWARD, ¼ PIVOT TURN RIGHT, STOMP RIGHT, LEFT

1-2 Step forward on ball of right foot, pivot ½ to left taking weight onto left foot
3&4 Triple (shuffle) step forward right, left, right

- 5-6 Step forward on ball of left foot, pivot $\frac{1}{4}$ to right with weight on left foot.
7-8 Stomp right foot in place, stomp left foot in place

HEEL FORWARD, TOE BACK, TOUCH SIDE, DRAG, SWEEP WITH $\frac{1}{2}$ TURN, HIP ROLL

- 1-2 Touch right heel forward, touch right toe back
3-4 Touch right toe out to side, slide or drag right toe in to beside left.
5-6 Start a toe sweep moving forward and to the right, continue to sweep toe to the right while turning $\frac{1}{2}$ to right on left foot. Take weight on right foot
7-8 Roll hips to the right moving forward and to right side.

It is important to equalize your weight to both feet so that weight is set proper to begin dance again!

REPEAT

For counts 17-24, you should be traveling forward slightly. For counts 63-64, an option might be to execute a 2 beat "body roll". To add a bit of styling, try a head tilt left, right, left while shaking hips on counts 31&32.
