

# The Sweep

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Todd Lescarbeau (USA)  
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.**

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