

Swing Bella Bella

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Beginner
編舞者: Max Perry (USA)
音樂: Bei Mir Bist Du Schön - Janice Seigel



2 TOE HEEL STRUTS FORWARD, 2 FORWARD KICKS, STEP BACK, TOUCH BACK

1-2-3-4 Step right toe forward, lower right heel, step left toe forward, lower left heel
5-6-7-8 Kick right forward 2 times, step right back, touch left toe back

TOE HEEL JAZZ BOX TURNING ¼ RIGHT

1-2-3-4 Step left toe forward, lower left heel, cross right over left with toe, lower right heel
5-6-7-8 Turn ¼ right as you step left back toe, lower left heel, step right side with toe, lower right heel

CROSS IN FRONT, HOLD, STEP SIDE, HOLD, CROSS ROCK, SIDE ROCK

1-2-3-4 Cross left over right with toe, lower left heel, step right side with toe, lower right heel
5-6-7-8 Cross rock left over right, step right in place (recover), rock left to left side, step right in place (recover)

The heading says "step, hold" and the description says to step "toe heel". You can dance this either way

JAZZ BOX TURNING ¼ LEFT (TOE HEEL STYLE)

1-2-3-4 Cross left over right, with toe, lower left heel, turn ¼ left as you step right back with toe
5-6-7-8 Then lower right heel, step left to left side with toe, lower left heel, step right forward with toe, lower right heel

2 SETS OF CHARLESTON KICKS (STEPPING FORWARD FIRST)

1-2-3-4 Step left forward, hold, kick right forward, hold
5-6-7-8 Step right back, hold, touch left toe back, hold
1-2-3-4 Step left forward, hold, kick right forward, hold
5-6-7-8 Step right back, hold, touch left toe back, hold

¼ PIVOT TURN (TOE HEEL STYLE)

1-2-3-4 Step left forward, hold, step right forward, hold
5-6-7-8 Turn ¼ left (weight on left), hold, step right next to left, hold

ROCK, STEP TOGETHER, ROCK STEP TOGETHER, STEP, SCUFF

1-2-3- Rock left forward, step right in place, step left next to right
4-5-6 Rock right forward, step left in place, step right next to left
7-8 Step left forward, scuff right forward

REPEAT