

Swing It

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Rob Fowler (ES) & Helen O'Malley (IRE)
音樂: Beer, Whiskey, Women - The Cheap Seats



RIGHT & LEFT TOE KICK, CROSS & SCOOT BACK

- 1 Touch right toe beside left and swivel left heel to right.
- 2 Kick right foot to right side and swivel left heel to left.
- 3 Cross right foot over left.
- 4 Touch left toe beside right and swivel right heel to left.
- 5 Kick left foot to left side and swivel right heel to right.
- 6 Cross left foot over right.
- 7-8 Hop back on left foot twice. (right foot is lifted behind bent at knee).

HEEL JACKS X 2, STEP ¼ TURN LEFT, STOMP RIGHT & LEFT

- &9 Step right foot back. Touch left heel forward.
- &10 Step left foot in place. Touch right foot beside left.
- &11&12 Repeat steps &9&10
- 13-14 Step right foot forward. Pivot ¼ turn left.
- 15-16 Stomp right beside left. Stomp left beside right.

RIGHT & LEFT TOE, KICK, CROSS & SCOOT BACK

- 17-24 Repeat steps 1-8

HEEL JACKS X 2. STEP ¼ TURN LEFT, STOMP RIGHT & LEFT

- 25-32 Repeat steps & 9-16

As you stomp right & left at the end of this section, weight needs to remain on the right foot.

CROSS, STEP, CROSS, STEP, TOUCH

- 33-34 Cross left over right. Hold and click fingers.
- 35-36 Step right to right side. Hold and click fingers.
- 37-38 Cross left over right. Hold and click fingers.
- 39-40 Step right to right side. Touch left beside right and click.

SIDE STEPS & SLIDE, HIP ROLLS X 2

- 41 Step left to left side.
- 42-44 Slide right to left (2 beats) & touch right in place.
- 45-48 Roll hips to the left twice (each roll takes two beats)
- 49 Step right to right side.
- 50-52 Slide left to right (2 beats) & touch left in place.
- 53-56 Roll hips to the left twice (each roll takes two beats)

REPEAT
