

Swing It Back

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner hustle
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音樂: Swing It Back - Dance Mijangos



INTRO

&1-2 Step back right left, hold
&3-4 Step forward right left, hold
&5&8 Step back right left, right left, right left, right left
&9-10 Step forward right left, hold
&11-12 Step back right left, hold
&13&16 Step forward right left, right left, right left, right left
17-32 Repeat the above sequence one more time then start the dance

THE MAIN DANCE

SHIMMY RIGHT, SHIMMY LEFT, TOUCH RIGHT

1-4 Step right foot to right (1) shimmy(2), left foot together(3) shimmy(4)
5-8 Step left foot to left (5) shimmy(6), touch right foot(7) shimmy(8)

ROCKING CHAIR, SHUFFLE BACK TWICE

9-12 Rock back on right, forward on left, forward on right, back on left
13&14 Right foot back, left together, right back
15&16 Left foot back, right together, left back

RIGHT KICK BALL POINT, LEFT KICK BALL POINT, PADDLE ¼ TURN TWICE

17-20 Right kick ball point left, left kick ball point right
21-24 Step forward right, ¼ turn left, step forward right, ¼ turn left

STEP TOUCHES, STEP TOGETHER, STEP TOUCH

25-28 Step side right, touch left, step side left touch right
29-32 Step right together left, step right together left

REPEAT

If you do the thirty-two count intro, you will start the dance after 24 counts. If you choose not to do the intro you will start the dance after 56 counts