

Swing Switch (P)

COPPER KNOB
BY STEPHEN METZ

拍數: 30 牆數: 0 級數: Partner
編舞者: Linda De Ford (USA)
音樂: Moderate swing music, around 132 BPM



Position: Start in closed couple position

The Swing Switch uses 5 swing patterns per sequence. Dancers change partners, moving to their left, on the 5th pattern. This sequence also provides a good practice routine for the beginning swing dancer.

- 1-6 Basic pattern (triple step, triple step, rock, step)
- 7-12 Lady's right underarm turn (tuck and turn): lead on 1st shuffle. Lady turns right on 2nd
- 13-18 Lady's left underarm turn: partners pass right shoulder to right shoulder on 1st shuffle. Lady ½ turn left on 2nd as man makes a ½ turn right
- 19-24 Repeat step 3 and beginning partner change. On the rock step, man leads lady into a full left free turn
- 25-30 Turn left on shuffles, completing partner change (move 1 partner to the left) "catch" new partner on the rock of the rock-step

REPEAT
