

The Swing

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Stephen Sunter (UK)
音樂: The Swing - James Bonamy



½ PIVOT TURN, RIGHT COASTER STEP

1-2 Step left foot forward, pivot ½ turn right, (weight on left)
3&4 Step back on right & step left next to right, step right foot forward,
5-6 Step left foot forward, pivot ½ turn right, (weight on left)
7&8 Step back on right & step left next to right, step right foot forward,

DIAGONAL HIP BUMPS FORWARD, DIAGONAL HIP BUMPS BACKWARD

9-10 Bump hips diagonally forward (2 o'clock), bump hips diagonally backwards (8 o'clock)
11&12& Bump hips diagonally forward & back, forward & back
13-14 Step right foot back (4 o'clock) bumping hips backward, bump hips forward (10 o'clock)
15&16 Bump hips diagonally backward & forward, backwards (weight on right)

FULL TURN LEFT, SIDE SHUFFLE LEFT, ROCK ON RIGHT, ¼ TURN

17-18 Full turn left stepping left, then right
19&20 Step left foot left & step right next to left, step left foot left
20-22 Step right foot behind left, (bend knee slightly), rock forward onto left
23&24 Step right & left, right while making a ¼ turn left

LEFT SHUFFLE, ½ PIVOT TURN, RIGHT SHUFFLE, ROCK FORWARD LEFT

25&26 Step forward left, step right next to left, step forward left
27-28 Step forward on right foot, pivot ½ turn left
29&30 Step forward right, step left next to right, step forward right
31-32 Step left foot forward (bend knee slightly), rock back onto right foot

LEFT COASTER STEP, SWING HIPS RIGHT, RIGHT COASTER STEP, SWING HIPS LEFT

33&34 Step back on left, step right next to left, step left foot forward
35&36 Point right toe to right swinging hips right at same time, swing hips left, right
(Keep weight on left foot, right toe remains pointed to the right throughout counts 35&36)
37&38 Step back on right, step left next to right, step right foot forward
39&40 Point left toe to left swinging hips left at same time, swing hips right, left
(Keep weight on right foot, left toe remains pointed to the left throughout counts 39&40)

LEFT CROSS UNWIND ½, RIGHT CROSS UNWIND ½, STEPS RIGHT, SIDE SHUFFLE RIGHT

41-42 Step left foot in front of right, unwind ½ turn over right shoulder
43-44 Step right foot in front of left, unwind ½ turn over left shoulder
45-46 Step left behind right, step right to right
47&48 Step left next to right, step right to right, touch left next to right

REPEAT