

Swingin' Boogie

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Rick House (USA)
音樂: Countin' Stars Off The Water - Bart Roy



SYNCOPATED CHA-CHA STEP AND ROCK STEP

The footwork for Counts 1-4 in this dance is the same as the man's basic triple step in the East Coast Swing Counts 3-6; Counts 5-8 are merely a reversal (also the same as the lady's swing Counts 3-6).

1-2 Right foot step right, left foot step to close to right foot, and right foot step to the right
3 Left foot step behind right and weight rocks backward
4 Weight rocks forward

5-6 Left foot step to the left, right foot step to close to left foot, and left foot step to the left
7 Right foot step behind left foot and weight rocks backward
8 Weight rocks forward

STOMPS, SWIVELS, SPLITS

9 Right foot stomp forward
10 Left foot stomp to close to right foot
11 Toes pivot 1/8 turn to the left
12 Heels bounce up and down
13 Toes pivot 1/8 turn to the right
14 Heels bounce up and down
15 Toes pivot, heels swing apart
16 Toes pivot, heels swing together

SYNCOPATION IN STEPS AND SCUFFS, AND PARTIAL VINE TO THE LEFT

17 Right foot step diagonally forward and to the left
18-19 Left foot scuff beside right foot, left knee lifts until thigh is parallel to the floor, and left foot step forward in front of right foot
20-21 Right foot scuff beside left foot, right knee lifts until thigh is parallel to the floor, and right foot step forward in front of left foot
22 Left foot step to the left
23 Right foot step behind left leg to the left
24 Left foot step to the left

2 SETS-STEP AND PIVOT ½ TURN TO THE LEFT, JUMPING JACK, AND PIVOT ½ TURN TO THE LEFT

25 Right foot step forward
26 Toes pivot ½ turn to the left
27 Right foot step forward
28 Toes pivot ½ turn to the left
29 Right foot stomp to close to left foot
30 Jump up, spreading feet shoulder width apart
31 Jump up, crossing right foot in front of left leg to the left
32 Toes pivot ½ turn to the left

REPEAT