

Swingin' Sailor

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數:
編舞者: Jo Thompson Szymanski (USA)
音樂: Fresh Coat of Paint - Lee Roy Parnell



SUGARFOOT THREE TIMES

- 1 Touch right toe to instep of left
- 2 Touch right heel beside left
- 3 Cross right over left
- 4 Touch left toe to instep of right
- 5 Touch left heel beside right
- 6 Cross left over right
- 7 Touch right toe to instep of left
- & Step right beside left
- 8 Touch left toe beside right

Allow the supporting foot to swivel naturally with weight on the ball of the foot.

1 ¼ TURN LEFT, FORWARD, BACK, 2 SKIPS BACK

- 9 Step left on left, starting a full turn left
- 10 Step right on right, completing the turn
- 11 Step left on left turning ¼ left
- & Step right beside left
- 12 Step forward on left
- 13 Step forward on right bending knees and checking motion.
- 14 Step back on left
- &15 Hop on left, quickly step back on right
- &16 Hop on right, quickly step back on left

TWO STOOGES, TURN, BALL CHANGE TOUCH, TURN SCUFF

- &17 Scoot back left, touch ball of right slightly behind left
- &18 Scoot back left, touch ball of right slightly behind left
- 19 Step right on right turning ¼ right
- 20 Turn body (diagonally to right) touch left beside right
- & Step left on ball of left
- 21 Step right in place
- 22 Touch left beside right
- 23 Step left on left turn ½ left
- 24 Scuff right heel forward

JAZZ SQUARE & SAILOR SHUFFLES

- 25 Cross right over left
- 26 Step back on left
- 27 Step right on right
- 28 Cross left over right, bending knee allowing right to clear floor in back

(Sounds difficult, but is just detailed description of jazz square or box, but it needs to be executed well to make sailor shuffles look good).

- 29 Cross right behind left
- & Step left on left
- 30 Step right in place
- 31 Cross left behind right
- & Step right on right

REPEAT
