

Swingshift

拍數: 36 牆數: 2 級數: Beginner
編舞者: Trevor Smith (AUS)
音樂: All You Ever Do Is Bring Me Down - The Mavericks



SHUFFLE, SHUFFLE, RIGHT VINE, BALL CHANGE

1&2 Shuffle forward leading right (right-left-right)
3&4 Shuffle forward leading left (left-right-left)
5-6 Step right onto right foot, step left foot across behind right foot
7 Step right onto right foot
&8 Step left foot across behind right foot, step right foot in place

LEFT VINE, BALL CHANGE, ¼ TURN, ¼ TURN

9-10 Step left onto left foot, step right foot across behind left foot
11 Step left onto left foot
&12 Step right foot across behind left foot, step left foot in place
13-14 Step forward onto right foot, turn ¼ turn left ending weight on left foot
15-16 Repeat steps 13-14

SHUFFLE, SHUFFLE, BACK SNAP, BACK SNAP, BACK SNAP, BACK SNAP

17&18 Shuffle forward leading right (right-left-right)
19&20 Shuffle forward leading left (left-right-left)
21 Step back on right toes lifting both hands to right shoulder
22 Drop right heel snapping fingers
23 Step back on left toes lifting both hands to left shoulder
24 Drop left heel snapping fingers
25-28 Repeat steps 21-24

RIGHT FULL TURN ROLLING VINE, TOUCH CLAP

The following vine is performed as a full turn right as you travel right across floor

29 Turn ¼ turn right onto right foot to commence full turn
30 Turn ¼ turn right onto left foot
31 Turn ½ turn right onto right foot to complete turn
32 Touch left toes beside right and clap hands

LEFT FULL TURN ROLLING VINE, TOUCH CLAP

The following vine is performed as a full turn left as you travel left across floor

33 Turn ¼ turn left onto left foot to commence full turn
34 Turn ¼ turn left onto right foot
35 Turn ½ turn left onto left foot to complete turn
36 Touch right toes beside left and clap hands

REPEAT