

Switch Hazel

拍數: 32 牆數: 4 級數: Improver
編舞者: Larry Bass (USA)
音樂: Figure Of Eight - The Grid



(This dance was named for Hazel Royle of Cheshire, England and choreographed for her special birthday celebration).

CROSSING HEEL SWITCHES, ROCK STEP; FULL RIGHT ROLLING TURN, TRIPLE STEP

1& Touch right heel in front of left, step right foot beside left
2& Touch left heel in front of right, step left foot beside right
3-4 Cross step right foot over left; rock back onto left foot
5 Turn ½ turn right on right foot, starting full right rolling turn
6 Turn ½ turn right on left foot, completing full right rolling turn
7&8 Triple step right, left, right in place

CROSSING HEEL SWITCHES, ROCK STEP; 1 ¼ LEFT ROLLING TURN WITH SHUFFLE STEP

9& Touch left heel in front of right, step left foot beside right
10& Touch right heel in front of left, step right foot beside left
11-12 Cross step left foot over right; rock back onto right foot
13 Turn ½ turn left on left foot, starting 1 ¼ left rolling turn
14 Turn ½ turn left on right foot, continuing 1 ¼ left rolling turn
15&16 Shuffle forward left, right, left while turning ¼ turn left completing 1 ¼ left rolling turn

STOMP, HOLD, BALL, ROCK STEP; COASTER STEP, ¼ TURN CROSSOVER SHUFFLE

17-18 Stomp right foot forward; hold & clap.
& Step ball of left foot beside right
19-20 Step right foot forward; rock back onto left foot
21& Step right foot back, step left foot beside right
22 Step right foot forward
23 Turn ¼ turn left while crossing left foot over right
& Step right foot slightly to right
24 Cross step left foot over right

SIDE SHUFFLE, ROCK STEP; ROLLING ¾ TURN WITH FORWARD SHUFFLE

25&26 Shuffle right, left, right to right
27-28 Step left foot back; rock forward onto right foot
29 (Moving left) start ¾ right rolling turn stepping left foot back
30 Complete ¾ right rolling turn stepping right foot forward
31&32 Shuffle forward left, right, left

REPEAT
