

Switch It On

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alan Haywood (UK)
音樂: Switch It On - Will Young



LEFT SIDE, TOGETHER, LEFT FORWARD MAMBO, RIGHT SIDE, TOGETHER, MAMBO ½ RIGHT

1-2 Step left to left, step right next to left
3&4 Rock forward on left, recover back on right, step left next to right
5-6 Step right to right side, step left next to right
7&8 Rock forward onto right, recover onto left, make ½ right stepping right forward

HEEL SWITCHES LEFT AND RIGHT, & LEFT LOCK STEP, RIGHT FORWARD MAMBO, ½ LEFT, STOMP RIGHT

1&2& Touch left heel forward, step left next to right, touch right heel forward, step right next to left
3&4 Step left forward, lock right behind left, step left forward
5&6 Rock forward onto right, recover onto left, step right next to left
7-8 Make ½ turn left stepping left forward, stomp right next to left

SIDE SWITCHES LEFT AND RIGHT, & KICK BALL STEP, ROCK, RECOVER, TRIPLE ½ LEFT

1&2 Touch left to left side, step left next to right, touch right to right side
&3&4 Step right next to left, kick left forward, step ball of left next to right, step right forward
5-6 Rock forward onto left, recover weight back onto right
7&8 Make a ½ turn left stepping left-right-left

RIGHT SIDE MAMBO, LEFT SIDE MAMBO, JAZZ BOX ¼ RIGHT

1&2 Rock right to right side, recover weight onto left, step right next to left
3&4 Rock left to left side, recover weight onto right, step left next to right
5-6 Cross step right over left, step back onto left
7-8 Make ¼ right stepping right to right side, step left next to right

HIP BUMPS RIGHT, LEFT, RIGHT-LEFT-RIGHT, SIDE, TOGETHER ¼ LEFT SHUFFLE

1-2 Bump hips right, bump hips left
3&4 Bump hips right-left-right
5-6 Step left to left side, step right next to left
7&8 Step left ¼ left, close right next to left, step left forward

ROCK, RECOVER, SHUFFLE ½ RIGHT, LEFT HEEL JACK, & STEP FORWARD ¼ LEFT

1-2 Rock forward onto right, recover weight back onto left
3&4 Make ½ turn right stepping right-left-right
5&6 Cross step left over right, step right to right side, touch left heel diagonally forward
&7-8 Step left next to right, step right forward, pivot ¼ left (weight on left)

RIGHT FORWARD, ½ LEFT, RIGHT KICK BACK BACK, RIGHT FORWARD SHUFFLE, ROCK, RECOVER

1-2 Step right forward, pivot ½ left
3&4 Kick right forward, small step back right, small step back left
5&6 Step right forward, close left to it, step right forward
7-8 Rock forward onto left, recover weight back onto right

½ LEFT SHUFFLE, RIGHT OVER AND SIDE, LEFT OVER, ¼ LEFT, ¼ LEFT, STOMP RIGHT

1&2 Make ½ turn left stepping left-right-left
3&4 Cross right over left, step left back, step right to right side

5-6

Cross step left over right, make $\frac{1}{4}$ left, stepping right back

7-8

Make $\frac{1}{4}$ left stepping left to left side, stomp right next to left

REPEAT
