

# Switch It On

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Katy Quail  
音樂: Switch It On (Radio Mix) - Will Young



## **BIG STEP RIGHT, SLIDE LEFT, LEFT OUT IN OUT, RIGHT BEHIND SIDE FRONT, LEFT ROCK AND TOUCH**

1-2      Large step to right with right foot, slide left up to touch beside right  
3&4      Point left foot, out, touch left beside right, step left to left side  
5&6      Step right behind left, step left to left side, step right foot in front of left  
7&8      Rock left foot to left side, recover weight on right, touch left beside right

## **CROSS LEFT, STEP RIGHT, LEFT CROSS SHUFFLE, SWAY RIGHT LEFT, RIGHT BEHIND SIDE IN FRONT**

1-2      Cross left over right, step right foot to right side  
3&4      Cross left over right, step right to right side, cross left over right  
5-6      Sway hips to right, sway hips to left  
7&8      Step right behind left, step left to left side, step right foot in front of left

## **MAMBO FORWARD LEFT, MAMBO BACK RIGHT, STEP LEFT ½ TURN STEP, STEP RIGHT ½ TURN TOUCH**

1&2      Rock forward on left, recover weight on right, step left foot beside right  
3&4      Rock back on right, recover weight on left, step right foot beside left  
5&6      Step forward left, pivot ½ turn over right shoulder step left foot forward  
7&8      Step forward right, pivot ½ turn left and touch right foot beside left

## **SKATE RIGHT LEFT, RIGHT SHUFFLE, SKATE LEFT RIGHT, LEFT SHUFFLE ¼ TURN**

1-2      Skate right foot forward, skate left foot forward  
3&4      Shuffle forward right, left, right  
5-6      Skate left foot forward, skate right foot forward  
7&8      Shuffle left, right left with a ¼ turn over left shoulder \*\* (tag on wall 3)

## **RIGHT CROSS BACK BACK, LEFT CROSS BACK BACK, ROCK RIGHT, LEFT, RIGHT SIDE SHUFFLE**

1&2      Cross right over left, step back left, right  
3&4      Cross left over right, step back right, left  
5-6      Rock right to right side, recover weight onto left  
7&8      Step right foot to right side, bring left beside right, step right foot to right side

## **LEFT ROCK AND STEP, RIGHT COASTER STEP, LEFT ROCK AND CROSS, RIGHT ROCK AND CROSS**

1&2      Rock left foot behind right, recover weight on right and step left foot to left side  
3&4      Step back right, step left beside right and step forward on right foot  
5&6      Rock left foot to left side, recover weight on right and cross left over right  
7&8      Rock right foot to right side, recover weight on left and cross right over left

## **LEFT STEP ½ TURN STEP, TRIPLE FULL TURN, LEFT MAMBO, RIGHT BACK LOCK BACK**

1&2      Step forward left pivot ½ turn over right shoulder and step forward left  
3&4      Turn ½ turn over left shoulder stepping back on right, turn ½ turn stepping forward on left, step forward right  
5&6      Rock forward on left, recover weight onto right, step left beside right  
7&8      Step back on right, lock left foot in front of right, step back right

## **ROCK BACK LEFT, LOCK FORWARD ON LEFT, ROCK FORWARD RIGHT, TURN & ½ OVER RIGHT SHOULDER**

- 1-2 Rock back on left foot, recover weight onto right  
3&4 Step forward on left foot, lock right foot behind left, step forward on left  
5-6 Rock forward on right foot, recover weight onto left  
7&8& ½ turn over right shoulder, step forward on right, ½ turn stepping back onto left, ½ turn stepping forward onto right, place weight on left

### **Easy option:**

- 7&8& ½ turn shuffle over right shoulder, right, left right, place weight on left ready to start again

## **REPEAT**

## **TAG**

**During wall 3 (3:00 wall) dance to the skate, left, right ¼ shuffle add tag then start the dance again facing front wall**

- 1-2-3&4 Step right to right side, bring left beside right, rock right to right side and cross over left  
5-6-7&8 Step left to left side, bring right beside left, rock left to left side and cross over right  
1-2-3&4 Step forward right, step forward left, right mambo step forward  
5-6-7&8 Step back left, step back right, left coaster step
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