

Switchback (L/P)

拍數: 32 牆數: 2 級數: line/partner dance
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Almost Always - Chris Cummings



Position: Partners begin in left side-by-side position

This dance was choreographed to allow partners to exchange leads after each wall. Begin partner dance with lady in lead, man on lady's left. After first rotation man takes lead, lady on man's left. Continue to rotate lead after each wall

FORWARD SHUFFLES, VINE LEFT, KICK

1&2 Shuffle forward (left, right, left)
3&4 Shuffle forward (right, left, right)
5-6 Step to the left on left foot; step behind left on right foot
7-8 Step to the left on left foot; kick right foot forward and diagonally to the left

STEP KICKS, VINE RIGHT WITH ¼ TURN TO THE RIGHT, SCUFF

9-10 Step to the right on right foot; kick left foot forward and diagonally to the right
11-12 Step to the left on left foot; kick right foot forward and diagonally to the left
13-14 Step to the right on right foot; step behind right on left foot
15-16 Step ¼ turn to the right on right foot; scuff left foot next to right

Partners end in Indian position

MILITARY PIVOTS TO THE RIGHT, CHARLESTON

Release left hands and raise right hands

17-18 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot
19-20 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot

Rejoin hands returning to Indian position

21-22 Step forward on left foot; kick right foot forward
23-24 Step back on right foot; touch left toe back

ROLLING TURN LEFT, SCUFF, TURNING JAZZ SQUARE, SCUFF

If done as a partner dance, the partner in lead will do a normal left vine for counts 25-27, releasing left hand thus allowing their partner to execute a left rolling turn. Rejoin hands on count 28

25-26 Step to the left on left foot and begin a full turn to the left traveling to the left; step on right foot and continue full traveling turn to the left
27-28 Step on left foot and complete full traveling turn to the left, scuff right foot next to left
29-30 Cross right foot over left and step; step back on left foot
31-32 Step ¼ turn to the right on right foot; scuff left foot next to right

REPEAT