

Switchback

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Chris Hodgson (UK)
音樂: Hawaiian Roller Coaster Ride - Mark Keali'i Ho'omalulu



Sequence: AB-AB-AA-TAG-AB

PART A - MAIN SONG

SIDE-ROCK-CROSS TWICE / MAMBO STEP / COASTER STEP

1&2 Step right to right side, rock weight onto left, cross step right over left
3&4 Step left to left side, rock weight onto right, cross step left over right
5&6 Step forward on right, rock weight back onto left, step right next to left
7&8 Step back on left, step right back next to left, step forward on left

STEP-½ TURN / TRIPLE ½ TURN / HEEL SWITCHES / SHUFFLE

1-2 Step forward on right, pivot ½ turn left
3&4 Triple ½ turn to left stepping on right-left-right
5&6& Touch left heel forward, step left next to right, touch right heel forward, step right next to left
7&8 Shuffle forward on left-right-left

ROCK STEP / COASTER STEP / STEP-½ TURN / ¼ TURN CHASSE

1-2 Step forward on right, rock weight back onto left
3&4 Step back on right, step left next to right, step forward on right
5-6 Step forward on left, pivot ½ turn right
7&8 ¼ Turn right stepping left to left side, step right next to left, step left to left side

BACK-ROCK-SIDE / CROSS-ROCK-¼ TURN / CROSS-BACK-TOGETHER / COASTER STEP

1&2 Step back on right, rock weight forward onto left, step right to right side
3&4 Cross step left over right, rock weight back onto right, step left ¼ turn left
5&6 Cross step right over left, step back on left, step right next to left
7&8 Step back on left, step right back next to left, step forward on left

SIDE ROCK / BACK-ROCK-SIDE / TOUCH ACROSS SIDE / BEHIND-UNWIND

1-2 Step right to right side, rock weight onto left
3&4 Step back on right, rock weight forward onto left, step right to right side
5-6 Cross touch left toe over across right foot, touch left toe to left side
7-8 Touch left toe behind right heel, unwind ½ turn left (weight ends on left)

SIDE ROCK / BACK-ROCK-SIDE / TOUCH ACROSS SIDE / BEHIND-UNWIND

1-2 Step right to right side, rock weight onto left
3&4 Step back on right, rock weight forward onto left, step right to right side
5-6 Cross touch left toe over across right foot, touch left toe to left side
7-8 Touch left toe behind right heel, unwind ½ turn left (weight ends on left)

PART B - HAWAIIAN BIT!

SIDE-TOGETHER-CHASSE RIGHT / SIDE-TOGETHER-CHASSE LEFT

1-2 Step right to right side, step left next to right
3&4 Step right to right side, step left next to right, step right to right side
5-6 Step left to left side, step right next to left
7&8 Step left to left side, step right next to left, step left to left side

SIDE ROCK-HIP SWAYS / COASTER STEP / SHUFFLE

- 1-2 Step right to right side swaying hips to right, sway hips to left
- 3-4 Sway hips to right, sway hips to left (weight ends on left)
- 5&6 Step back on right, step left next to right, step forward on right
- 7&8 Shuffle forward on left-right-left

MAMBO FORWARD / MAMBO BACK / ROCK & CROSS / BACK-TOUCH

- 1&2 Step forward on right, rock weight back onto left, step right next to left
- 3&4 Step back on left, rock weight forward onto right, step left next to right
- 5&6 Step right to right side, rock weight onto left, cross step right over left
- 7-8 Step back on left, touch right toe next to left

4 X ¼ PIVOT TURNS (WITH LOTS OF HIPS!!!)

- 1-2 Step forward on right, pivot ¼ turn left (use your hips)
- 3-4 Step forward on right, pivot ¼ turn left (use your hips)
- 5-6 Step forward on right, pivot ¼ turn left (use your hips)
- 7-8 Step forward on right, pivot ¼ turn left (use your hips)

TAG

To be added once only at the end of the second A when dancing AA

RIGHT SIDE-TOGETHER-SIDE-TOUCH / LEFT SIDE-TOGETHER-SIDE-TOUCH

- 1-2 Step right to right side, step left next to right
- 3-4 Step right to right side, touch left toe next to right
- 5-6 Step left to left side, step right next to left
- 7-8 Step left to left side, touch right next to left

Try and use lots of hips on this tag
