

Swizzle

拍數: 36 牆數: 4 級數: Intermediate
編舞者: Jan Weakley
音樂: Big Girls Don't Cry - Frankie Valli & The Four Seasons



"TUSH PUSH" KICKS

1&2 Tap right heel forward; step on right foot; tap left heel forward
&3-4 Step on left foot; tap right heel forward; clap hands
&5 Step on right foot; tap left heel forward
&6 Step on left foot; tap right heel forward
&7-8 Step on right foot; tap left heel forward; clap hands.

MORE "TUSH PUSH" KICKS

&9 Step on left foot; tap right heel forward
&10 Step on right foot; tap left heel forward
&11-12 Step on left foot; tap right heel forward; clap hands.

CROSS-TOUCH, SAILOR SHUFFLE, ELVIS KNEES, CROSS-TURN-TOUCH

13-14 Cross-step right foot over left; touch left foot to left side
15&16 Step left foot behind right; step right beside left; step left beside right
17-18 With weight on left foot; roll right knee in and out; with weight on right foot, roll left knee in and out
19-20 Shift weight to left foot and cross-step right foot over left turning ¼ turn left; touch left toe back.

BACKWARD CHA-CHA, ROCK-STEP

21&22 Step left foot back; step right together; step left foot back
23-24 Rock-step right foot back; step forward onto left.

SUGARFOOT STEPS

25-26 Touch right toe beside left instep; touch right heel beside left toe
27 Cross-step right foot over left
28-29 Touch left toe beside right instep; touch left heel beside right toe
30 Cross-step left foot over right
31-32 Touch right toe beside left instep; touch right heel beside left toe.

THE "SWIZZLE"

33-34 Cross-step right foot over left; with weight on right and legs crossed, slide left foot back
35-36 With legs still crossed, slide right foot back; step left foot back.

On step 33, point the right toe to the Left. As you slide the left foot back in step 34, swivel the right toe from Left to Right. You can also do this for steps 35,36.

REPEAT
