

Swolka

拍數: 64 牆數: 2 級數: Improver
編舞者: Gerard Murphy (CAN) & Lizzie Clarke (SCO)
音樂: Itch - Jenny Kerr Band



SHUFFLE BACK RIGHT, LEFT COASTER STEP, STEP BALL X 3 FORWARD, STEP FORWARD RIGHT

1&2-3&4 Shuffle back stepping right, left, right, step back left & step right beside left, step forward left
5&6&7&8 Step forward right & step left behind right x 3, step forward right

STEP PIVOT ½ RIGHT, TRIPLE ½ RIGHT, SWEEP ½ RIGHT, RIGHT COASTER STEP

1-2-3&4 Step forward left, pivot ½ turn right, triple ½ right stepping left, right, left
5-6-7&8 Sweep right foot from front to back while turning ½ right (2 counts), step back right & step left beside right, step forward right

SIDE SHUFFLE, CROSS HOLD TWICE

1&2-3-4 Step left to left & step right beside left, step left to left, cross right foot over left & hold
5&6-7-8 Repeat above 4 counts

SIDE ROCK RECOVER CROSS, STEP SIDE HOLD & SIDE HOLD & SIDE HOLD

1&2- Rock left to left side & recover on right, cross step left over right
3-4& Step right to right side, hold & quickly bring left beside right
5-6& Step right to right side, hold & quickly bring left beside right
7-8 Step right to right side, hold

SHUFFLE FORWARD LEFT, RIGHT FORWARD COASTER STEP, TRIPLE ½ LEFT, ¼ PIVOT CROSS

1&2-3&4 Shuffle forward stepping left, right, left, step forward right & step left beside right, step back right
5&6-7&8 Triple ½ turn left, stepping left, right, left, step forward right pivot ¼ turn left, cross step right over left

STEP ¼ RIGHT, STEP ½ RIGHT, TRIPLE ½ RIGHT, SWEEP ½ RIGHT, RIGHT COASTER STEP

1-2-3&4 Step back on left foot turning ¼ right, step back on right foot while turning ½ right, triple ½ right stepping left, right, left
5-6-7&8 Sweep right foot from front to back while turning ½ right (2 counts), step back right & step left beside right, step forward right

ROCK RECOVER, TRIPLE ½ RIGHT, TRIPLE ½ RIGHT, STEP BACK LEFT, TOUCH RIGHT FORWARD

1-2-3&4 Rock forward left, recover right, triple ½ turn left stepping left, right, left
5&6-7-8 Triple ½ left stepping right, left, right, step back on left, touch right toe forward

AND STEP POINT HOLD & STEP POINT HOLD & STEP POINT & STEP POINT & STEP POINT & STEP KICK

&1-2&3-4 And quickly step right beside left, point left toe forward, hold, & step left beside right & point right toe forward, hold
&5&6&7 And step right beside left, point left toe forward, & step left beside right, point right toe forward, & step right beside left, point left toe forward
&8 And step left beside right, kick right foot forward

Move slightly forward on these 8 counts

REPEAT

The name SWOLKA came from the music, we felt we could feel a cross between a Swing and a Polka, hence the name

In the music Jenny sings, "I've got an itch and I'm gonna scratch it". You can do your own thing when she

sings these words
