Syncopations



拍數: 48 牆數: 2 級數: Intermediate west coast swing

編舞者: Annette Marsey-Carter (USA) 音樂: I Like It, I Love It - Tim McGraw



OUT-OUT, HOLD, IN-IN, HOLD, OUT-OUT, IN-IN, OUT-OUT, IN-IN

| &1-2 | Right step side right, left step side left, hold |
|------|--|
| &3-4 | Right step to center, left step to center, hold. □ |

Right step side right, left step side left, right step to center, left step to center Right step side right, left step side left, right step to center, left step to center

&-HEEL, &-TOUCH, &-HEEL, &-TOUCH, FORWARD, TRIPLE FORWARD

Right step back, left heel touch forward, left step to center, right toe touch next to left Right step back, left heel touch forward, left step to center, right toe touch next to left

5-6 Right step forward, left step forward

7&8 Right step forward, left step next to right, right step forward

1/2 PIVOT LEFT, BALL, CHANGE

1 Pivot ½ turn left on ball of right as you swing left around behind right and step left

&2 Right step side right (and slightly back), left step in place

TOE, HEEL, CROSS, TOE, HEEL, CROSS

Weight and swivel action is on ball of left as you execute next 3 counts with right

3 Right toe touch in front of left (point right toe and knee to left)

4 Right heel touch in front of left (point right toe to right)
5 Right cross-step over left (transfer weight to right)

Weight and swivel action is on ball of right as you execute next 3 counts with left

6 Left toe touch in front of right (point left toe and knee to right)

Left heel touch in front of right (point left toe to left)
 Left cross-step over right (transfer weight to left)

TAP, SLIDE, STEP, TRIPLE, FORWARD, TAP, SLIDE, STEP

1&2 Right toe tap behind left, slide back on left (small hop); right step back

3&4 Left step back, right step next to left, left step forward

5-6 Right step forward, left step forward

7&8 Right toe tap behind left, slide back on left (small hop), right step back

TRIPLE, POINT-&-POINT-&, TOE-&-HEEL-&-TOE-&-HEEL-&

1&2 Left step back, right step next to left, left step forward

Right point side right, right step to center, left point side left, left step to center Right toe touch next to left, right step back, left heel forward, left step to center Right toe touch next to left, right step back, left heel forward, left step to center

FORWARD, TRIPLE, SLIDE-HOP, STEP, SLIDE-HOP, STEP, TRIPLE

1-4 Right step forward, left step forward. Right step forward, left step next to right, right step

forward

&5&6 Slide-hop back on right, left step back, slide-hop back on left, right step back

7&8 Left step back, right step next to left, left step forward

REPEAT