

That Old Swing

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Bill Bader (CAN)
音樂: The Swing - James Bonamy



STEP FORWARD TO SWAY HIPS 4 COUNTS, SHUFFLE FORWARD, BRUSH-HOOK-BRUSH

1-2 With a left step forward sway hips forward to left, then back to right
3-4 Sway hips again: forward to left, then back to right
5&6 Shuffle forward left-right-left (forward, slide together, step forward)
7 Brush right toe forward
& Hook right heel up across left shin, brushing right toe on the way back
8 Brush right toe forward

FORWARD, TOUCH, TURN-STEP-TURN, SYNCOPATED VINE RIGHT, CROSS, TOUCH

9 Step right forward
10 Touch left toe behind right heel
11 Step left back turned ½ left
& Step right forward
12 Turn ½ shifting weight onto left
13-14& Vine right: sidestep right, cross-step left behind, sidestep right
15 Cross-step left over right
16 Touch right toe to right side

SAILOR STEPS BACK: RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT; SYNC'D VINE RIGHT, BRUSH-HOOK-BRUSH

17 Cross-step right behind left with right toe and body angled right
& Step left back to left side of right
18 Step right beside left but just slightly right
19 Cross-step left behind right with left toe and body angled left
& Step right back to right side of left
20 Step left beside right but just slightly left
21-22& Vine right: sidestep right, cross-step left behind, sidestep right
23 Brush left toe forward
& Hook left heel up across right shin, brushing left toe on the way back
24 Brush left toe forward

TRIPLE SIDE LEFT, ½ TURN, COASTER: BACK, TOGETHER, FORWARD

25&26 Sidestep left, step right beside left, sidestep left
& Turn ½ right (on ball of left)
27&28 Step right back, step left back beside right, step right forward

2 SYNCOPATED STROLLS: LEFT, BEHIND, SIDE; RIGHT, BEHIND, SIDE

29 Step left to left side slightly forward
30& Cross-step right behind left, sidestep left
31 Step right to right side slightly forward
32& Cross-step left behind right, sidestep right

REPEAT

At the end of wall 2, repeat those last four counts (29-32) twice before going back to count 1.

OPTION: You will hear a strong accent in the music on count 31 of walls 1 and 3. At these 2 points it's fun to do a "Safe" arm movement (arms out to sides), deleting 32&. Please consider this only after the pattern and the song are very familiar.

