

This Swing

拍數: 64 牆數: 4 級數: Improver
編舞者: Kate Sala (UK)
音樂: This Swing - Glenn Rogers



WALK AROUND FULL TURN LEFT

1-2-3-4 Turn ¼ left stepping forward on right, hold, turn ¼ left stepping forward on left, hold
5-6-7-8 Turn ¼ left stepping forward on right, hold, turn ¼ left stepping forward on left, hold (finish facing 12:00)

FORWARD LOCK STEP, HOLD, STEP, PIVOT ½ TURN RIGHT, STEP, HOLD

1-2-3-4 Step forward on right, lock step left behind right, step forward on right, hold
5-6-7-8 Step forward on left, pivot ½ turn right, step forward on left, hold

SKATE FORWARD X 3, HOLD, CROSS MAMBO WITH ¼ TURN LEFT, HOLD

1-2-3-4 Skate forward on right, left, right, hold
5-6-7-8 Cross rock on left over right, recover on to right, turn ¼ left stepping forward on left, hold

STEP PIVOT ¼ TURN LEFT & CROSS, HOLD, WEAVE LEFT, KICK RIGHT

1-2-3-4 Step forward on right, pivot ¼ turn left, cross step right over left, hold
5-6-7-8 Step left to left side, cross step right behind left, step left to left side, kick right to right diagonal

TOE STRUT RIGHT, CLICK, CROSS TOE STRUT, CLICK, RIGHT SIDE MAMBO, HOLD

1-2 Toe strut on right to right side, swing arms across the body to right side & click fingers
3-4 Cross toe strut on left across right, swing arms to the left & click fingers
5-6-7-8 Rock out on right to right side, recover on to left, step right in next to left, hold

LEFT SIDE MAMBO, HOLD, CROSS TOE STRUT, CLICK, TOE STRUT ¼ TURN RIGHT, CLICK,

1-2-3-4 Rock out on left to left side, recover on to right, step left in next to right, hold
5-6 Cross toe strut on right across left, swing arms across to right side & click fingers
7-8 Turn ¼ left toe strutting forward on left, swing arms forward & click fingers

STEP, PIVOT ½ TURN LEFT, STEP, HOLD, LEFT COASTER STEP, HOLD

1-2-3-4 Step forward on right, pivot ½ turn left, step forward on right, hold
5-6-7-8 Step back on left, step right next to left, step forward on left, hold

STEP RIGHT DIAGONAL, HEEL SWIVEL, STEP, KICK, BACK, TOGETHER

1-2 Step forward on right to right diagonal, step left next to right
3-4 Come up on to the balls of the feet & swivel the heels left, bring heels back to center
5-8 Step forward on left, kick right forward, step back on right, step left next to right (3:00)

REPEAT
