Jenny's Swing



拍數: 40 牆數: 1 級數:

編舞者: Jennifer Capper

音樂: Lipstick Promises - The Cheap Seats



Jennifer was age 9 when she choreographed this dance.

left VINE, KICK-BALL-TOUCH, KICK-BALL-TOUCH.

1	Step left foot to left side
2	Cross right foot behind left
3	Step left foot to left side

4 Touch right in place next to left

5 Kick right foot forward

& Step down on ball of right foot
Touch left toe to left side
Kick left foot forward

& Step down on ball of left footTouch right toe to right side

STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, CROSS, UNWIND ½

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u	Stan torward on	right foot, in front of left	
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10 Touch left to left side

11 Step forward on left foot, in front of right

12 Touch left to right side

13 Step forward on right foot, in front of left

14 Touch left to left side

15 Step left foot across in front of right

16 Unwind ½ turn right

KICK-BALL-CHANGE, SWAY RIGHT, SWAY LEFT, KICK BALL CHANGE

17	Kick right foot forward
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& Step down on ball of right foot

18 Step down on left foot

19 Step right foot to right side, swaying body right

20 Sway body back to center

21 Sway out to left

22 Sway back to center (ending with weight on right foot)

23 Kick left foot forward

& Step down on ball of left foot

24 Step right foot in place

LEFT VINE WITH 1/4 TURN, JAZZ BOX, STOMP/CLAP

Step left to left sideCross right behind left

27 Step left to left side, making ¼ turn left 28-29 Swing right foot right across in front of left

30 Step back on left

31 Step right foot to the right side 32 Stomp left foot forward, clap

HEEL AND TOE SWIVELS, 1/4 TURN/ TOUCH, BACK, SLIDE, TOGETHER, CLAP

33	Keeping weight on toes, swivel both heels left
34	Keeping weight on both heels, swivel toes left
35	Keeping weight on toes, swivel both heels left
36	Weight on left heel turn 1/4 turn left, touching right toe in place
37	Step back on right foot
38-39	Slide left up to right
40	Clap

REPEAT