

Inter-City Swing

拍數: 88 牆數: 4 級數:
編舞者: Angie Shirley (UK)
音樂: Sometimes She Will - The Dean Brothers



HEEL & TOE TOUCHES, (DWIGHTS)

- 1-4 Dig right heel out to right side, hold for one count, touch right toe next to left instep, hold for one count
- 5-8 Dig right heel out to right side, touch right toe next to left instep, dig right heel out to right side, touch right toe next to left instep

STEP, SLIDE, KNEE POPS, (ELVIS LEGS)

- 9-12 (Long) step forward on right foot, hold for one count slide left foot next to right, hold for one count, (weight ends on left)
- 13-16 Pop right knee in toward left leg, pop left knee in toward right leg, pop right knee in toward left leg, pop left knee in toward right leg

HEEL & TOE TOUCHES, (ELVIS LEGS)

- 17-24 Repeat counts 1-8 starting on left foot

STEP, SLIDE, KNEE POPS

- 25-28 (Long) step back on left foot, hold for one count, slide right foot next to left, hold for one count, weight ends on right)
- 29-32 Pop left knee in toward right leg, pop right knee in toward left leg, pop left knee in toward right leg, pop right knee in toward left leg

CROSSING TOE STRUTS

- 33-36 Cross step right toe over left foot, drop left heel to floor & at same time click fingers, step left toe to left side, drop left heel to floor & at same time click fingers
- 37-40 Repeat steps 33-36

½ TURN RIGHT, CROSSING TOE STRUT, HEEL JACK TWICE

- 41-42 Pivot ½ turn right on ball of left foot & at same time step right toe to right side, drop right heel to floor & at same time click fingers
- 43-44 Cross step left toe over right foot, drop left heel to floor & at same time click fingers
- 45-48 Step back on right foot, dig left heel diagonally forward step left foot next to right, touch right foot next to left
- 49-52 Repeat counts 45-48

CROSSING TOE STRUTS, ½ TURN RIGHT, CROSSING TOE STRUT, HEEL JACK TWICE

- 53-72 Repeat counts 33-52

SYNCOPATED WEAVE LEFT WITH ¼ TURN RIGHT

- 73-80 Cross step right foot over left, step left foot to left side, cross step right foot behind left, step left foot to left side, cross step right foot over left, step left foot to left side, cross step right foot behind left, step left foot ¼ turn right

STEP, PIVOT WITH KNEE POP, SLIDE WITH KNEE POP TWICE

- 81-84 Step forward on right foot, hold for one count, pivot ½ turn over left shoulder (weight on right) slide left foot back popping right knee forward, hold for one count
- 85-88 Slide right foot back popping left knee forward, hold for one count, slide left foot back popping right knee forward, hold for one count

During slides back with knee pops, bring arms to sides (bent at elbows) and move in circular motion as if imitating wheels of a train

REPEAT
