

East & West

拍數: 32 牆數: 2 級數:
編舞者: Max Perry (USA)
音樂: Here Comes That Rainy Day Feeling Again - The Fortunes



This line dance uses west coast & eastern swing patterns with a shag flair

WALK FORWARD, FORWARD, SYNCOPATED STEP SIDE, CROSS, STEP FORWARD

1-2& Step forward right, left, turn $\frac{1}{4}$ left as you step right to right side
3-4 Cross left over right, turn $\frac{1}{4}$ right as you step forward with right

ANCHOR STEP (SHUFFLE IN PLACE)

5&6 Left shuffle in place (left, right, left) turning $\frac{1}{2}$ right (end facing 6:00 wall)

7-12 Repeat counts 1-6 above

SYNCOPATED TOE TOUCHES FORWARD (POINTS), TOUCH BALL-CHANGE

5&6& Touch (point) right toe forward, step right next to left, touch left toe forward, step left next to right
7&8 (Touch, ball-change) touch right toe forward, rock back right, step in place left

SYNCOPATED WEAVE LEFT

1-2& Cross right over left, step left to left side, cross right behind left
3&4 Step left to left side, cross right over left, step left to left side

RIGHT KICK BALL CHANGE AT 45 ANGLE, RIGHT SHUFFLE DIAGONALLY FORWARD

5&6 Kick right diagonally forward, rock step back (5th position) with right, step in place with left
7&8 Right shuffle forward at a slight angle (right, left, right)

LEFT KICK BALL CHANGE AT AN ANGLE, CROSS STEP, TOUCH TOE SIDE

1&2 Kick left foot forward and across right foot, rock back with left foot, step in place with right
3-4 Cross left over right and step, touch (point) right toe to right side

RIGHT KICK BALL CHANGE AT AN ANGLE, CROSS, TURN $\frac{1}{2}$ LEFT

5&6 Kick right foot forward and across left foot, rock back with right foot, step in place with left
7-8 Cross right over left and step and turn $\frac{1}{2}$ left, step onto left foot

REPEAT

This dance will work to any West Coast Swing; preferably a slower tempo. This dance was originally designed as a West Coast Swing exercise, and has been reworked to give the dancer a true Swing/Shag feeling. Music called "Beach Music" is very nice for this, which is the reason for "Here Comes That Rainy Day Feeling Again" by The Fortunes. Other classic tunes would include "My Little Red Book" by The Tams or "I Love Beach Music"

Just for everyone's information, the song "Shaggin' On The Boulevard" by Alabama is in no way, shape or form a Shag!!! It is a Cha-cha, plain and simple!