

Double XI

拍數: 48 牆數: 4 級數: Improver east coast swing
編舞者: Nancy Morgan (USA)
音樂: XXL - Keith Anderson



BACK ROCK, SHUFFLE FORWARD, TOE, HEEL, SHUFFLE IN PLACE

1-2 Rock/step back on right and forward on left
3&4 Shuffle forward - right, left, right
5-6 Point left toe in toward right instep, put left heel in toward right instep
7&8 Shuffle in place - left, right, left

STEP OUT, STEP, CROSS, 2 HIP ROLLS FOR A ½ TURN

&1-2 Put right foot out to right side, put left foot out to left side, hold
&3-4 Put left in towards right foot, cross right over left, hold
5-6 Hip roll counter clock wise (or double time it) ¼ turn
7-8 Hip roll counter clock wise (or double time it) ¼ turn

SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE BACK, BACK ROCK STEP

1&2 Shuffle forward - right, left, right
3-4 Rock/step forward on left and back on right
5&6 Shuffle back - left, right, left
7-8 Back rock/step on right and forward on left

For added pizzazz - shuffle forward, ½ turn pivot, shuffle back as you turn a ½ turn, back rock step

TOUCH, STEP, TOUCH, STEP, KICK-BALL-CHANGE, KICK-BALL-CROSS

1-2 Touch right out to right side, step forward on right
3-4 Touch left out to left side, step forward on left
5&6 Kick-ball-change - kick right foot forward, put right next to left as you lift left foot off of ground, put left next to right
7&8 Kick-ball-change - kick right foot forward, put right next to left as you lift left foot off of ground, cross left over right

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, STEP BEHIND, STEP FORWARD ¼ TURN TO LEFT

1&2 Side shuffle to right - step right to right side, step left next to right, step right to right side
3-4 Rock step - rock/step back on left and forward on right
5&6 Side shuffle to left - step left to left side, step right next to left, step left to left side
7-8 Step right behind left, step forward on left as you turn ¼ turn to left

½ PIVOT, STEP, HITCH, STEP, HITCH, STEP FORWARD/PRESS AND BACK UP

1-2 Step forward on right, pivot ½ turn to left
3-4 Step forward on right, hitch left knee up (bring knee halfway up)
5-6 Step forward on left, hitch right knee up (bring knee halfway up)
7-8 Press/step forward on right heel and bring heel slightly up as if starting into a hitch

REPEAT