

Dancin'

拍數: 68 牆數: 1 級數: Intermediate
編舞者: Iris M. Mooney (USA)
音樂: Dancin', Shaggin' On the Boulevard - Alabama



The music reminds me of my single days when it was the era of the big bands and there was a swaying "Swing & Sway with Sammy Kaye" and this music makes me want to swing and sway.

OUT-OUT, LEFT CROSS, UNWIND, SIDE SHUFFLE, SWAYS

& Step left foot to left side
1 Step right foot to right side
2 Cross left foot over right foot
3&4 ½ turn right on ball of left foot
5&6 Shuffle to the right (right-left-right)
7 Sway left hip to left
8 Sway right hip to right

SIDE SHUFFLE LEFT, SWAYS, OUT-OUT RIGHT CROSS, UNWIND

9-10 Shuffle to left (left-right-left)
11 Sway hips to right
12 Sway hips to left
& Step right foot to right
13 Step left foot to left
14 Cross right foot over left foot
15&16 ½ turn left on ball of left foot

TRAVELING BALL-CHANGE (TO LEFT SIDE) WITH FULL TURN RIGHT

17 (Traveling to left side) cross step right foot over left foot
& Step ball of left foot behind right foot
18 (Traveling to left side) cross right foot over left foot
& Step on ball of left foot behind right foot
19 Cross right foot over left foot
& Step ball of left foot behind right foot
20 Cross right foot over left foot
21 Lunge left foot slightly to left side
22-24 (Traveling right) 3 step turn right

TRAVELING BALL-CHANGE (TO RIGHT SIDE) WITH FULL TURN LEFT

25 (Traveling to right side) cross step left foot over right foot
& Step ball of right foot behind left foot
26 (Traveling right) cross left foot over right foot
& Step on ball of right foot behind left foot
27 Cross right foot over left foot
& Step ball of right foot behind left foot
28 Cross left foot over right foot
29 Lunge right foot slightly to right
30-32 (Traveling left) 3 step turn left

SWAY RIGHT & LEFT, SHUFFLE IN PLACE

33 Sway right foot to right side
34 Sway left foot to left side

35&36 Shuffle in place (right-left-right)

Don't rush the steps. Feel the mood of the music and really sway the steps.

Steps 37 to 68 fit the words to the dancin' & shaggin' on the boulevard sequence.

ROCKS, ½ TURN LEFT SHUFFLES, SWAY WALKS

37 Rock forward left foot

38 Step in place right foot

39&40 Shuffle ½ turn left (left-right-left)

On sway slide walks and shuffles, pretend you are dancing and keep feet close, moving forward

41 Sway slide walk forward right foot

42 Sway slide walk forward left foot

43&44 Shuffle forward right-left-right (swaying motion, 45 degrees right)

45&46 Shuffle forward left-right-left (swaying motion, 45 degrees left)

47 Sway slide walk forward right foot

48 Sway slide walk forward left foot

49&50 Shuffle forward right-left-right (swaying motion, 45 degrees right)

51&52 Shuffle forward left-right-left (swaying motion, 45 degrees left)

ROCKS, ½ TURN RIGHT, WALKS & SHUFFLES

53 Rock forward right foot

54 Step in place left foot

55&56 Shuffle ½ turn right (right-left-right)

On sway slide walks and shuffles, pretend you are dancing and keep feet close, moving forward

57 Sway slide walk forward left foot

58 Sway slide walk forward right foot

59&60 Shuffle forward left-right-left (swaying motion, 45 degrees left)

61&62 Shuffle forward right-left-right (swaying motion, 45 degrees right)

63 Sway slide walk forward left foot

64 Sway slide walk forward right foot

65&66 Shuffle forward left-right-left (swaying motion, 45 degrees left)

67&68 Shuffle forward right-left-right (swaying motion, 45 degrees right)

REPEAT
