

# 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**

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