Built For Comfort



拍數: 48 牆數: 2 級數: Improver west coast swing

編舞者: Charlotte Skeeters (USA) 音樂: Built for Comfort - Willie Dixon



SKATE FORWARD 4 COUNTS, KICK, BACK, CROSS, LONG BACK, DRAG-TOUCH

1-4 Skate forward right, left, right, left

Kick right forward, right step back at right angle, left cross over right
Right step back long angle back, left drag back and touch next to right

SIDE, TOUCH, SIDE, BRUSH, JAZZ (CROSS, BACK, SIDE, TOUCH)

1-2 Left step side left (slight angle), right touch next to left3-4 Right step side right (slight angle), left brush forward

5-6 Left cross over right, right step back7-8 Left step side left, right touch next to left

FORWARD, TURNING BRUSH, SIDE, TOUCH, FORWARD, TURNING BRUSH, SIDE, TOUCH

1-2 Right step forward (slight angle), left brush forward while turning ¼ turn left on ball of right

3-4 Left step side, right touch next to left

5-6 Right step forward (slight angle), left brush forward while turning \(\frac{1}{4} \) turn left on ball of right

7-8 Left step side, right touch next to left

SIDE, HOLD (SHIMMY), BEHIND, SIDE, SIDE (SAILOR), POINT, HOLD, &, POINT, HOLD, &

1-2 Right step side right, hold (while shimmying shoulders)
 3&4 Left cross behind right, right step side right, left step side left
 5-6& Right touch-point forward, hold, right step back next to left
 7-8& Left touch-point forward, hold, left step back next to right

ROCK FORWARD, RECOVER, 1/4 TURN, CROSS, 1/4 TURN BACK, 1/2 TURN, FORWARD, 1/2 PIVOT

1-2 Right rock forward, recover back onto left

3-4 Execute ¼ turn right and step side right, left cross over right

5-6 Execute ¼ turn left as you step back on right, execute ½ turn left as you step forward on left

7-8 Right step forward, pivot ½ turn left (end weight forward left)

ROCK, RECOVER, ½ TURN, FORWARD, ½ TURN, HOLD, &, POINT, HOLD, &

1-2 Right rock step forward, recover back onto left

3-4 Execute ½ turn right stepping forward on right, left step forward

5 Quick attitude ½ turn right keeping weight back on left

Snap fingers. Right is pointed forward

6 Hold

&7-8 Right step back next to left, left touch-point forward, hold

& Left step back next to right

Alternate easier steps for counts 3,4,5 (no turns)

3-4-5 Right rock back, recover forward onto left, right touch-point forward

REPEAT