

Back In The Swing (P)

COPPERKNOB
STEPPERS

拍數: 32 牆數: 0 級數: Partner
編舞者: Ray Busque (ES)
音樂: Back in the Swing of Things - Cody Widner



Position: Country Western Closed. Partners face, with toes pointed towards each other. The man holds the lady's right hand in his left (shoulder height). His right hand or wrist rests on lady's left shoulder. The lady's left hand rests on the man's upper right arm. Man facing LOD

Dedicated to my "country" friends Paqui & Raul

MAN

RUMBA BOX

1-4 (QQS) Side step right, step left beside right, step right forward, hold
5-8 (QQS) Side step left, step right beside left, step left back, hold

GRAPEVINES

9-12 (QQS) Side step right, step left behind right, side step right, hold
13-16 (QQQQ) Side step left, step right behind left, step left back, step right cross over left

TWO STEP

17-20 (SS) Step left forward, hold, step right forward, hold
21-24 (QQS) Step left forward, step right forward, step left forward, hold

ROCK STEP, STEP, HOLD, SLOW COASTER STEP, HOLD

25-28 (QQS) Step right forward, step left in place (recover), step right back, hold
29-32 (QQS) Step left back, step right beside left, step left forward, hold

REPEAT

LADY

RUMBA BOX

1-4 (QQS) Side step left, step right beside left, step left back, hold
5-8 (QQS) Side step right, step left beside right, step right forward, hold

GRAPEVINES

9-12 (QQS) Side step left, step right behind left, side step left, hold
13-16 (QQQQ) Side step right, step left behind right, step right back, step left cross over right

TWO STEP

17-20 (SS) Step right back, hold, step left forward, hold
21-24 (QQS) Step right back, step left back, step right back, hold

ROCK STEP, STEP, HOLD, SLOW COASTER STEP, HOLD

25-28 (QQS) Step left back, step right in place, step left forward, hold
29-32 (QQS) Step right forward, step left beside right, step right back, hold

REPEAT