

B-Bop Swing

拍數: 64 牆數: 4 級數: Beginner
編舞者: Chris Hodgson (UK)
音樂: Bop - Dan Seals



The swing pattern is danced in 3rd foot position (heel to instep or ball to heel)

BASIC EAST COAST SWING PATTERN

- 1 Step right foot forward
- & Step left foot behind right heel
- 2 Step right foot forward

- 3 Step left foot back
- & Step right foot to left instep
- 4 Step left foot back

- 5 Step right foot behind left heel staying on ball of right foot and lifting left heel one inch off floor
- 6 Return weight to left foot

BASIC EAST COAST SWING PATTERN

- 7 Step right foot forward
- & Step left foot behind right heel
- 8 Step right foot forward

- 9 Step left foot back
- & Step right foot to left instep
- 10 Step left foot back

- 11 Step right foot behind left heel staying on ball of right foot and lifting left heel one inch off floor
- 12 Return weight to left foot

HEEL SWITCHES

- 13 Touch right heel forward
- & Step on right foot in place
- 14 Touch left heel forward
- & Step on left foot in place
- 15 Touch right heel forward
- 16 Touch right heel forward

HEEL SWITCHES

- & Step on right foot in place
- 17 Touch left heel forward
- & Step on left foot in place
- 18 Touch right heel forward
- & Step on right foot in place
- 19 Touch left heel forward
- 20 Touch left heel forward

BASIC EAST COAST SWING PATTERN

- 21 Step left foot forward
- & Step right foot behind left heel

- 22 Step left foot forward
- 23 Step right foot back
& Step left foot to right instep
- 24 Step right foot back
- 25 Step left foot behind right heel staying on ball of left foot and lifting right heel one inch off floor
- 26 Return weight to right foot

BASIC EAST COAST SWING PATTERN

- 27 Step left foot forward
& Step right foot behind left heel
- 28 Step left foot forward
- 29 Step right foot back
& Step left foot to right instep
- 30 Step right foot back
- 31 Step left foot behind right heel staying on ball of left foot and lifting right heel one inch off floor
- 32 Return weight to right foot

HEEL SWITCHES

- 33 Touch left heel forward
& Step on left foot in place
- 34 Touch right heel forward
& Step on right foot in place
- 35 Touch left heel forward
- 36 Touch left heel forward

HEEL SWITCHES

- & Step on left foot in place
- 37 Touch right heel forward
& Step on right foot in place
- 38 Touch left heel forward
& Step on left foot in place
- 39 Touch right heel forward
- 40 Touch right heel forward

TURNING ½ RIGHT BASIC EAST COAST SWING PATTERN

- 41 Step forward on right foot
& Step left foot behind right heel
- 42 Step forward on right foot making ½ turn to right
- 43 Step back on left foot
& Step right foot to left instep
- 44 Step back on left foot
- 45 Step right toe back behind left heel staying on ball of right foot and lifting left heel one inch off floor
- 46 Return weight to left foot

TURNING ½ RIGHT BASIC EAST COAST SWING PATTERN

- 47 Step forward on right foot
& Step left foot behind right heel

- 48 Step forward on right foot making $\frac{1}{2}$ turn to right
- 49 Step back on left foot
& Step right foot to left instep
50 Step back on left foot
- 51 Right toe back behind left heel staying on ball of right foot and lifting left heel one inch off floor
52 Return weight to left foot

TWO FORWARD SHUFFLES (RIGHT, LEFT)

- 53 Step forward on right foot
& Step on left foot beside right
54 Step forward on right foot
- 55 Step forward on left foot
& Step on right foot beside left
56 Step forward on left foot

STEP, $\frac{1}{2}$ TURN, STEP, $\frac{1}{4}$ TURN

- 57 Step forward on right foot
58 Pivot $\frac{1}{2}$ turn left
59 Step forward on right foot
60 Pivot $\frac{1}{4}$ turn left

JAZZ BOX

- 61 Cross-step right foot over left
62 Step back on left foot
63 Step to right on right foot
64 Step on left foot next to right

REPEAT
