

# 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**

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