

Alimony Swing

拍數: 72 牆數: 2 級數: Advanced
編舞者: Jenny Bounds (AUS)
音樂: Show Me a Woman - Joe Diffie



SCUFF; CROSS; STEP BACK AND CROSS; REPEAT

1-2 Scuff right foot forward, cross right over left foot
3&4 Step left foot back, step right foot back, cross left foot over right foot.
5-8 Repeat above 4 count sequence.

SHUFFLE 180; SHUFFLE 180

9&10 Shuffle forward on right foot turning ½ turn to the left (right-left-right)
11&12 Shuffle backward on left foot turning ½ turn to the left (left-right-left)

ROCK STEP; TURN 540

13-14 Rock forward on right foot, step back on left foot.
15&16 Step back on right foot turning 1-½ turns to the right ending with weight on right foot

SCUFF; CROSS; STEP BACK AND CROSS; REPEAT

17-18 Scuff left foot forward, cross left over right foot.
19&20 Step right foot back, step left foot back, cross right foot over left foot.
21-24 Repeat above 4 count sequence.

SHUFFLE 180; SHUFFLE 180

25&26 Shuffle forward on left foot turning ½ turn to the right (left-right-left)
27&28 Shuffle backward on right foot turning ½ turn to the right (right-left-right)

ROCK STEP; TURN 450

29-30 Rock forward on left foot, step back on right foot.
31&32 Step back on left foot turning 1-¼ turns to the left ending with weight on left foot.

TAP TOE; TAP HEEL; NEUTRAL; TAP HEEL

37-38 Tap left toe in front next to right foot, tap left heel in front at 45 degrees.
39-40 Step left next to right, tap right heel at 45 degrees.

SHUFFLE; ROCK; SHUFFLE; TAP; SCOOT; STEP

41&42 Shuffle backwards (right-left-right)
43-44 Rock back on left foot, rock forward on right foot.
45&46 Shuffle forward (left-right-left) ending with weight on left foot.
47&48 Tap right toe behind left heel, and scoot backwards on left foot, step back on right foot.

SHUFFLE TURN 90; ROCK; SHUFFLE; TAP; SCOOT; STEP

49&50 Shuffle backwards on left foot while turning ¼ turn to the left (left-right-left)
51-52 Rock backward on right foot, rock forward on left foot.
53&54 Shuffle forward on right foot (right-left-right)
55&56 Tap left toe behind right heel, scoot backward on right foot, step back on left foot.

SHUFFLE TURN 90; ROCK; SHUFFLE; TAP; SCOOT; STEP

57&58 Shuffle backwards on right foot while turning ¼ turn to the left (right-left-right)
59-60 Rock backward on left foot, rock forward on right foot.
61&62 Shuffle forward on left foot (left-right-left)
63&64 Tap right toe behind left heel, scoot backward on left foot, step back on right foot.

SHUFFLE TURN 90; ROCK; SHUFFLE; TOUCH; CROSS; TOUCH; CROSS

65&66 Shuffle backwards on left foot while turning $\frac{1}{4}$ turn to the left (left-right-left)

67-68 Rock backwards on right foot, rock forward on left foot.

69&70 Touch right heel forward at 45 degrees, step right foot back, cross left foot over right.

71&72 Touch right heel forward at 45 degrees, step right foot back, cross left foot over right.

REPEAT

Until you get used to the dance, counts 33-40 can put you out of sequence to the music. Try not to pause too long on count 40. On the 3rd round and on the 4th round the dance regains sequence with the music.
