

Swing M Swing

拍數: 32 牆數: 4 級數: Improver
編舞者: Karla Dornstedt (USA) & Paul Dornstedt (USA)
音樂: I've Got the World On a String - Michael Bublé : (CD: Michael Buble Call Me Irresponsible)



A TRIPLE STEP, TRIPLE STEP, ROCK, RECOVER, KICK-BALL-CROSS

1 & 2 Triple step in place right, left, right
3 & 4 Triple step in place left, right, left
5 - 6 Rock back on right, recover weight forward on left
7 & 8 Kick right-to-right forward diagonal, step right next to left, cross left over right

B SWAY, SWAY, BEHIND-AND-CROSS, 1/2 TURN LEFT HEEL BOUNCES, KICK-BALL-STEP

1 - 2 Sway right-to-right, sway left to left
3 & 4 Cross right behind left, step left side left, cross right over left
5 - 6 Turn 1/4 left while bouncing both heels, turn 1/4 left while bouncing both heels (weight right) (6:00)
7 & 8 Kick left to right forward diagonal, step left next to right, step right side right

C CROSS, KICK, BACK, KICK, TRIPLE 3/4 LEFT, SHUFFLE FORWARD

1 - 2 Cross left over right, kick right to right forward diagonal
3 - 4 Step back on right, kick left-to-left forward diagonal
5 & 6 Triple step in place left, right, left while turning 3/4 left (9:00)
7 & 8 Shuffle forward right, left, right

D FORWARD, 1/2 TURN RIGHT, STEP-LOCK-STEP FORWARD, DRAG 1/2 TURN LEFT, WALK, WALK

1 - 2 Step forward on left, turn 1/2 right and step on right (3:00)
3 & 4 Step forward on left, lock right behind left, step forward on left
5 - 6 Make a long step forward on right, drag left towards right while turning 1/2 (weight right) (9:00)
& 7 8 Step left next to right, walk forward on right, walk forward on left

BEGIN AGAIN

ENDING (optional)

1 - 8 Complete the first 8 counts of the dance to the front wall.
1 - 5 Take a long step right on right, hold count 2, 3 and 4 step left forward and across right on count 5