

Sway My Way

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Masters In Line (UK) - October 2007
音樂: Sway - Bic Runga



Count in: 16 Counts

(1-9) 1/4 ROCK SWEEP 1/4, SAILOR STEP, CROSS 1/2 TURN, RIGHT SHUFFLE

- 1,2,3 Make a 1/4 turn left and step forward on left foot, rock forward on right foot, sweep right foot back whilst pivoting a 1/4 turn right
- 4&5 Cross right foot behind left foot, step left foot to left side, step right foot to right diagonal
- 6,7 Step left foot forward and slightly in front of right foot, unwind a 1/2 turn right
- 8&1 Step right foot forward, step left foot next to right foot, step right foot forward

(10-17) MAMBO ROCK FORWARD, BACK SHUFFLE, ROCK BACK PIVOT 1/2 TURN, RIGHT SHUFFLE

- 2&3 Rock forward on right foot, recover weight onto left foot, step back on right foot
- 4&5 Step back on left foot, lock right foot in front of left foot, step back on left foot
- 6,7 Rock back on right foot, make a 1/2 turn LEFT by picking right foot up and pivoting on left foot
- 8&1 Step forward on right foot, step left foot next to right foot, step forward on right foot

(18-25) 1/4 HIP SWAY, BEHIND SIDE CROSS, PRESS SWEEP, 1/2 TURN SAILOR STEP

- 2,3 Make a 1/4 turn right and step left foot to left side swaying hip left, sway hip right
- 4&5 Cross left foot behind right foot, step right foot to right side, cross left foot over right foot
- 6,7 Press right foot forward, rock weight back onto left foot whilst sweeping right foot back
- 8&1 Cross right foot behind left, make a 1/4 turn right and step left foot to left side, make a 1/4 turn right and step right foot forward

(26-32) CROSS ROCK SIDE X2, ROCK FORWARD, 1 & 1/2 TURN TRIPLE STEP

- 2&3 Cross left foot over right foot, step right foot to right side, recover weight onto left foot
- 4&5 Cross right foot over left foot, step left foot to left side, recover weight onto right foot
- 6,7 Rock forward on left foot, recover weight onto right foot
- 8&1 Make a 1/2 turn left and step forward on left foot, make a 1/2 turn left and step back on right foot, make a 1/2 turn left and step forward on left foot which is the start of the dance.

Begin again.