

Swinging Grace

COPPER KNOB
BY STEPHEN B. B. B.

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jo Thompson Szymanski (USA) - February 2008
音樂: Amazing Grace - Charlie Rich



16 count intro

You Can use other West Coast Swing songs – “Anybody Wanna Pray With Me” by Cece Winans, “Oeeeeee” or “Be Bop a Lula” (these are both a bit faster, but fun) by Scooter Lee

SET 1 - WIZARD STEP RIGHT AND LEFT, ROCK, RECOVER, 1/2 TURNING TRIPLE

- 1-2& Step Right foot to Right front diagonal (1), Step Left foot crossed behind Right (2). Small step with Right foot to Right side (&).
- 3-4& Step Left foot to Left front diagonal (3), Step Right foot crossed behind Left (4). Small step with Left foot to Left side (&).
- 5-6 Rock forward with Right foot (5), Replace weight back to Left foot (6).
- 7&8 Turn 1/4 Right, step Right foot to Right side (7), Step together with Left (&), Turn 1/4 Right, Step forward with Right foot (8).

Note: Easy options for the above 8 counts – Instead of wizards you may do 2 regular shuffles forward or step right diagonal forward, touch left, step left diagonal forward, touch right. Instead of the turn, do forward rock, recover, triple back with Right foot.

SET 2 - STEP, 1/2 TURN, FORWARD TRIPLE, “KOOL” KICK BALL CHANGES MOVING BACK

- 1-2 Step forward with Left foot (1), Turn 1/2 Right, shift weight forward to Right foot (2).
- 3&4 Step forward with Left foot (3), Step together with Right (&), Step forward with Left (4).
- 5&6 Kick Right foot forward leaning body back slightly (5), Small step back with Right bringing body to neutral (&), Small step back with Left foot leaning body slightly forward (6).
- 7&8 Kick Right foot forward leaning body back slightly (7), Small step back with Right bringing body to neutral (&), Small step back with Left foot leaning body slightly forward (8).

Note: “Kool and The Gang” did these kick, ball changes in a live concert I recently attended - loved them! Easy options for the above 8 counts – If you didn’t do the 1/2 turn in the first set of 8, you can leave out this turn also, by doing a back rock with Left, recover Right, triple forward with Left. Instead of the kick ball changes, you may walk back 4 steps.

SET 3 - ROCK BACK, RECOVER, TURNING TRIPLE, ROCK BACK, RECOVER, TURNING TRIPLE

- 1-2 Rock back with Right foot bringing body up to neutral and Right shoulder slightly back (1), Replace weight forward to Left foot returning shoulder to neutral (2).
- 3&4 Turn 1/4 Left, Step Right foot to Right side (3), Step together with Left (&), Turn 1/4 Left, Step Right foot back (4).
- 5-6 Rock back with Left foot bringing Left shoulder slightly back (5), Replace weight forward to Right foot returning shoulder to neutral (6).
- 7&8 Turn 1/4 Right, Step Left foot to Left side (7), Step together with Right (&), Turn 1/4 Right, Step Left foot back (8).

Note: Easy options for the above 8 counts – You may leave both the 1/2 turns out by doing a back rock with Right, recover, triple forward Right, forward rock with Left, recover, triple back with Left.

SET 4 - JUMP OUT, CLAP, JUMP IN, CLAP, JUMP OUT, BALL CROSS, 3/4 PADDLE TURN

- &1-2 Step Right foot out to Right side (&), Step Left foot out to Left side end with feet apart (1), Clap (2).
- &3-4 Step Right foot centered under body (&), Step Left foot together (3), Clap (4).
- &5&6 Step Right foot out to Right side (&), Step Left foot out to Left side to end with feet apart (5), Step back with ball of Right foot (&), Step Left foot across in front of Right (6).

Note: Counts &6 will bring your feet back under your body, it does not travel anywhere.

&7&8 Turn 1/4 Left, Rock back with ball of Right (&), Turn 1/4 Left, Step weight forward onto Left (7), Turn 1/4 Left, Rock back with ball of Right (&), Step weight forward onto Left (8).

Start again from the beginning.

Note: At the end of the Amazing Grace song, the song will slow down as you are dancing the 3rd set. Complete that set of 8 counts dancing slightly slower than you have been dancing. Jump out for &1 to start set 4 on the word "see" and hold (you will be facing the left side wall). As you hold, raise both arms slowly out to the side and up over your head. On the word "grace", turn 1/4 Right to face the front, bring feet together and bring hands together and down in front of your chest in a prayer position and bow head. Amen!
