

Lady Swing

拍數: 64
編舞者: Linda Chen - November 2010
音樂: She's a Lady - Tom Jones

牆數: 4

級數: Easy Intermediate



Intro : Start after 16 counts

English cross, ½ turn right, dip down and up

- 1-2 Step right forward (1), step left forward (2)
&3,4 Turn ¼ left and make a small step to right (&), cross left over right (3), turn ¼ right and step right forward (4)
5-6 Step left forward (5), and make ½ turn right (weight on left) (6)
7-8 Dip body down (7), and up (8)

Toe heel forward x 2, forward triple step x 2

- 1-4 Right toe heel forward (1,2), left toe heel forward (3,4)
5&6 Right triple step forward
7&8 Left triple step forward

Kick forward and side, sailor step, touch behind & kick, sailor step ½ turn left

- 1-2 Kick right forward (1), kick right side (2)
3&4 Cross right behind (3), step left next to right (&)step right to right side
5-6 Touch left behind right heel (5), kick left to left side (6)
7&8 Cross left behind right (7), make ½ turn left & step right next to left (&), step left to left side

Side close side touch, ¼ turn right, touch, ¼ turn left, touch

- 1-4 Step right to right side (1), close left next to right (2), step right to right side (3), touch left toe diagonal left (4)
5-8 Close left & ¼ turn right (5), touch right toe diagonal right (6), close right & ¼ turn left (7), touch left toe diagonal left (8)

Side, hold, close, side hold, cross rock x 2

- 1-2& Step left to left side (1), hold (2) & close right to left (&)
3-4 Step left to left side (3), hold (4)
5-8 Rock right over left (5), recover (6), rock right over left (7), recover, (8)

Side, cross behind, ¼ turn right, step, ½ turn right, ¼ right, behind, side

- 1-2 Step right to right side (1), cross left behind right (2)
3-4 ¼ turn right step right forward (3), step left forward (4)
5-6 Pivot ½ turn right (5), ¼ turn right step left to left side (6)
7-8 Cross right behind left (7), step left to left side (8)

Triple right, back rock, triple left & ¼ turn right, back rock

- 1 &2,3,4 Triple step to right side (1&2), rock left back and recover (3,4)
5&6,7,8 Left triple step & make a ¼ turn right (5&6), rock right back & recover (7,8)

½ pivot turn left, ½ turn left, sweep from front to back, side, forward, hold

- 1-2 Step right forward (1), make a ½ pivot turn left (2)
3-4 Step right back & make a ½ turn left (3), sweep left from front to back (4)
5-8 Step left behind right (5), step right to right side (6), step left forward (7), hold (8)

Repeat

Tag : On wall 3 , after 32 counts, (facing back wall) there is a 10 counts tag

1-4 Sway left, right, left, right

5 Step left forward

&6&7&8&9 Make a paddle full turn toward left

10 Hold

Restart
