

5-10-15 Swing!

拍數: 96

牆數: 4

級數: Phrased Intermediate / Advanced
ECS



編舞者: Scott Blevins (USA) - May 2011

音樂: 5-10-15 Hours (feat. Imelda May) - Blue Harlem : (Album: Talk To Me)

Sequence: A B A B A A A B after 16 count intro to start with the lyrics "Baby, baby, baby..."

Part A (48 counts)

[1 – 8]

- 1,2,3,4 (1) Open body slightly to left diagonal stepping forward on R with both knees bent and swing hips to right; 2) Swing hips to left; (3) Swing hips to right; 4) Swing hips to left taking weight onto L foot squaring up to 12:00 wall and straighten knees
- 5,6,7&8 (5) Step back R; 6) Hold; 7) Small step back L; &) Step together R; 8) Small step back L

[9-16]

- 1,2 (1) Turn $\frac{1}{2}$ right stepping forward R [6:00]; 2) Turn $\frac{1}{2}$ right on ball of R bringing L foot next to R calf (figure "4") [12:00]
- 3,4,5,6,7,8 (3) Rock side L; 4) Recover weight side on R; 5) Step L across R; 6) Rock side R; 7) Recover weight side on L; 8) Step R across L

[17-24]

- 1&2,3,4 (1) Small step side L; &) Step together R; 2) Small step side L; 3) Rock R across L; 4) Recover weight back on L
- 5&6,7,8 (5) Small step side R; &) Step together L; 6) Small step side R; 7) Rock L across R; 8) Recover weight back on R

[25-32]

- 1,2,3,4 (1) Strong "pose" step side L holding hands out to sides at waist level with palms down; 2) Hold; 3) Turn $\frac{1}{4}$ left stepping forward R [9:00]; 4) Pivot $\frac{3}{4}$ left taking weight forward on L (slight crossed leg, thigh locked at this point) [12:00]
- 5,6,7,8 (5) Strong "pose" step side R holding hands out to sides at waist level with palms down; 6) Hold; 7) Turn $\frac{1}{4}$ right stepping forward L [3:00]; 8) Pivot $\frac{1}{2}$ right taking weight forward on R [9:00]

[33-40]

- 1,2,3,4 Half Turning Jazz Box: (1) Small step forward L; 2) Step R across L; 3) Turn $\frac{1}{4}$ right stepping back L [12:00]; 4) Turn $\frac{1}{4}$ right stepping forward R [3:00]
- 5&6,7,8 (5) Small step forward L; &) Step together R; 6) Small step forward L; 7) Rock forward R; 8) Recover weight back on L

[41-48]

- 1&2,3,4 (1) Turn $\frac{1}{4}$ right taking small step side R [6:00]; &) Step together L; 2) Turn $\frac{1}{4}$ right L taking small step forward R [9:00]; 3) Step forward L; 4) Pivot $\frac{1}{2}$ right taking weight forward on R [3:00]
- 5,6,7,8 (5) Step forward L; 6) Hold; 7) Turn $\frac{1}{2}$ left stepping back R [9:00]; 8) Turn $\frac{1}{2}$ left stepping forward L [3:00]

Part B (48 counts)

[1 – 8]

- 1,2,3,4 (1) Step forward R; 2) Turn $\frac{1}{4}$ right stepping side L [6:00]; 3) Hold; 4) Turn $\frac{1}{4}$ right stepping forward R [9:00]
- 5,6,7,8 (5) Turn $\frac{1}{4}$ right stepping side L [12:00]; 6) Hold; 7) Rock R across L; 8) Recover weight back on L

[9-16]

1,2,3&4

(1) Turn ¼ right stepping forward R [3:00]; 2) Hold; 3) Turn ¼ right taking small step side L [6:00]; &) Step together R; (4) Turn ¼ right taking small step back L [9:00]

5,6,7,8

(5) Rock back R; 6) Recover weight forward on L; Boogie Walk: 7) Lift R hip as you step forward R; 8) Lift L hip as you step forward L

[17-24]

1,2,3

(1) Step forward R opening R foot toward 12:00 keeping body towards 9:00; (2) Turn ¼ right taking small step side L, keep knees straight/locked and push hips to L [12:00]; 3) Hold

4,5,6,7,8

(4) Keeping knees straight/locked push hips R; 5) Keeping knees straight/locked push hips L; 6) Hold; 7) Rock R across L; 8) Recover weight back on L

[25-32]

1,2,3&4

(1) Turn ¼ right stepping forward R [3:00]; 2) Turn ¼ right stepping side L [6:00]; 3) Step R behind L; &) Turn ¼ left with small step forward on ball of L [3:00]; 4) Turn ¼ left stepping side R [12:00]

5&6,7&8

Sailor Step: 5) Step L behind R; &) Small step side R; 6) Step side L; Sailor Step: 7) Step R behind L; &) Small step side L; 8) Step side R

[33-40]

a1,a,2,a

(a) Lift L knee slightly; 1) Small, sharp kick down with L across R; a) "Retract" the kick by pulling L knee up slightly; 2) Small, sharp kick down with L to side; a) "Retract" the kick by pulling L knee up slightly

3&4

Sailor Step: (3) Step L behind R; &) Small step side R; 4) Step side L

5&6,7,8

(5) Step R behind L; &) Turn ¼ left stepping forward L [9:00]; 6) Step forward R; 7) Pivot ½ left taking weight forward on L [3:00]; (8) Turn ¼ left stepping side R [12:00]

[41-48]

1,2&3,4

(1) Rock L across R; 2) Recover weight back on R; &) Step side L; 3) Rock R across L; 4) Recover weight back on L

&5,6

7&8

Coaster Step: (7) Step back L; &) Step together R; 8) Step forward L

ENDING Part B, counts 45-48 are modified for a big finish.**During the final rotation, the dance ends with Part B, and the last few counts are modified to give you a nice ending to face your front wall.**

5,6,7-8

(5) Rock forward L; 6) Recover weight back on R; 7-8) Turn ¼ left taking a large step side L dragging R toe [12:00] and arms out to sides –

Tah Dah!!**Step Sheet Prepared by Debi Pancoast (www.FootNotesByDeb.com)****Copyright © 2011 Scott Blevins (scottblevins@me.com) All rights reserved****Internet Video Rights assigned to Edie Driskill (edie@linelessons.com)**