

Swingin'

拍數: 40 牆數: 4 級數: Improver
編舞者: Peter Jones (UK) & Anna Lockwood (UK) - January 2012
音樂: Swingin' - Scotty McCreery : (Album: American Idol Season 10)



S1: Kick Ball Change, 2 x Heel Bounces, Rock Back, Recover, Kick Ball Cross.

1&2 Kick R Forward, Step R Next To L, Step L In Place.
3-4 Turn ¼ R While Bouncing Both Heels x 2.
5-6 Rock Back Onto R, Recover Weight Onto L.
7&8 Kick R Forward, Step R Next To L, Cross L Over R.

S2: Side, Hold, Together, Side, Touch, Turn, Turn, Chasse.

1-2 Step R To R Side, Hold For 1 Count.
&3-4 Step L Next To R, Step R To R Side, Touch L Next To R.
5-6 Turn ¼ L Onto L, Turn ½ L Stepping Back Onto R.
7&8 Turn ¼ L Onto L, Step R Next To L, Step L To L Side.

S3: 2 x Forward Hip Bumps, Back, Back, Back, Hitch.

1&2 Step Forward Onto R Bumping Hips Forward, Step Back Onto L Bumping Hips Back, Step Forward Onto R Bumping Hips Forward.
3&4 Step Forward Onto L Bumping Hips Forward, Step Back Onto R Bumping Hips Back, Step Forward Onto L Bumping Hips Forward.
5-6 Step Back Onto R, Step Back Onto L.
7-8 Step Back Onto R, Hitch L Knee.

(Optional: While Hitching L Knee, Raise Both Arms Up To Shoulder Height With Thumbs Raised)

S4: Cross, Side, Behind, Side, Heel, Step, Cross, Side, Sailor ¼ Turn.

1-2 Cross L Over R, Step R To R Side.
3&4 Cross L Behind R, Step R To R Side, Touch L Heel Forward To L Diagonal.
&5-6 Step L Next To R, Cross R Over L, Step L To L Side.
7&8 Turn ¼ R Stepping R Behind L, Step L To L Side, Step R To R Side.

S5: Cross, Hold, Side, Cross Shuffle, Side, Recover, Behind, ¼ Step.

1-2 Cross L Over R, Hold For 1 Count.
&3&4 Step R To R Side, Cross L Over R, Step R To R Side, Cross L Over R.
5-6 Rock R To R Side, Recover Weight Onto L.
7-8 Cross R Behind L, Turn ¼ L Onto L.

Have fun and dance with a smile ;0)