

Swingtown

COPPER KNOB
STEPSHEETS

拍數: 52 牆數: 2 級數: Improver
編舞者: Yvonne Anderson (SCO) - February 2011
音樂: Swingtown - Shelby Lynne : (Album: Restless)



Notes: Start on vocal. Restart wall one after 24 counts, Tag: repeat counts 1-4 at the start of wall 5, i.e. Charleston twice. Dance finishes during wall 5, adjust turn during counts 38-39 to finish forward.

[1-8] CHARLESTON, HIP WALKS R & L, R COASTER STEP

1-4 Step R forward, Kick L forward, Step L beside right, Touch R toes back [12]
5-6 Step R forward and out rolling hips forward, Step L forward and out rolling hips forward [12]
7&8 Step R back, (&) Step L beside right, Step R forward [12]

[9-16] L SHUFFLE FORWARD, 1/4 TURN LEFT, TOGETHER, BACK TOUCH R L R L MAKING 1/4 TURN RIGHT

1&2 Shuffle forward stepping L,R,L [12]
3-4 Making 1/4 turn left step R to side (long step), Slide L to right taking weight on left [9]
&5&6 (&) Step R back, Touch L toes beside right, (&) Step L back, Touch R toes beside left [9]
&7 (&) Beginning to turn 1/4 right step R back, Touch L toes beside right [11.30]
&8 (&) Completing the 1/4 turn right step L back, Touch R toes beside left [12]

(Note: counts &5-&8 form a smooth arc during the turn)

[17-24] ROCK BACK, RECOVER, R SHUFFLE FORWARD, STEP 1/2 TURN RIGHT, L SHUFFLE FORWARD

1-2 Rock R back, Recover weight on L [12]
3&4 Shuffle forward stepping R, L, R [12]
5-6 Step L forward, Pivot 1/2 turn right taking weight on R [6]
7&8 Shuffle forward stepping L, R, L [6]

RESTART, during wall one dance through to count 24 and begin again

[25-32] 3/4 TURN LEFT, TOE TOUCHES FORWARD & SIDE, BEHIND-SIDE-CROSS, STEP SIDE, TOE TOUCH FORWARD

1-2 Making 1/4 turn left step R to side, Making 1/2 turn left step L to side [9]
3-4 Touch R toes forward and across left, Touch R toes to right [9]
5&6 Step R behind left, (&) Step L to left, Step R across left [9]
7-8 Step L to left, Touch R toes forward and across left [9]

[33-40] TOE TOUCH SIDE, BEHIND-SIDE-CROSS, SIDE ROCK RECOVER, WEAVE WITH 1/2 TURN RIGHT, CROSS

1 Touch R toes to right [9]
2&3 Step R behind left (&) Step L to left, Step R across left [9]
4-5 Rock L to left, Recover weight on R [9]
6&7 Step L behind right, (&) Making 1/4 turn right step R forward, Making 1/4 turn right step L to side [3]
8 Step R across left [3]

[41-48] SIDE ROCK, RECOVER, COASTER STEP, TOE-HEEL-CROSS, HIP BUMPS L&L

1-2 Rock L to left, Recover weight on R [3]
3&4 Step L back, (&) Step R beside left, Step L forward [3]
5&6 Touch R toes beside left instep, (&) Touch R heel slightly forward, Step R across left [3]
7&8 Step L to left and bump hips to left, (&) Recover hips to centre, Bump hips left [3]

[49-52] Step 1/2 TURN LEFT, STEP 1/4 TURN LEFT

1-2 Step R forward, Make 1/2 turn left taking weight on left [9]
3-4 Step R forward, Make 1/4 turn left taking weight on left [6]

Repeat
