

Sway

拍數: 64 牆數: 2 級數: Advanced
編舞者: Jodie Lavinia Cope (UK) - March 2012
音樂: Sway - The Pussycat Dolls



Count in – 29 counts in, 13 seconds into song.

The first line of vocals is “When the rhumba rhythm starts to play”; begin on the word “When”

(1-8) Cross walks right, left, Right Shuffle Forward, Rock forward, Recover, Back left lock step,

- 1 – 2 Cross walks. Cross right over left(1). Cross left over right(2).
- 3 & Right shuffle forward stepping forward on right(3). Step left next to right(&).
- 4 Step forward on right(4).
- 5 – 6 Rock forward on left(5). Recover weight onto right foot(6).
- 7 & 8 Back left lock step stepping back on left(7). Lock right over left(&). Step back on left(8).

(9-16) Right coaster step, sways forward back x 2, Back left lock step.

- 1 & 2 Right coaster step stepping back on right(1). Step left next to right(&). Step forward on right(2).
- 3 – 4 Rock forward on left foot swaying left hip forward(3), Recover weight onto right swaying right hip back(4)
- 5 – 6 Rock forward on left foot swaying left hip forward(5), Recover weight onto right swaying right hip back(6).
- 7 & 8 Back left lock step stepping back on left(7). Lock right over left(&). Step back on left(8).

(17-24) Right coaster step, Cross, back & ¼ turn left and cross, Side, Behind & cross.

- 1 & 2 Right coaster step stepping back on right(1). Step left next to right&, Step forward on right(2).
- 3 – 4 Cross left over right(3). Step back on right(4).
- & 5 Make a ¼ turn left stepping left to left side(&). Cross right over left(5) 9:00
- 6 – 7 Step left to left side(6). Cross left behind right(7).
- & 8 Step left to left side(&). Cross right over left(8).

(25-32) Sway left, right x2. Side, Rock behind & recover, Side, Behind & Cross

- 1 – 2 Rock left to left side swaying hips left(1), Recover weight onto right swaying hips to right side(2).
- 3 – 4 Rock left to left side swaying hips left(3), Recover weight onto right swaying hips to right side(4).
- 5 Step left to left side(5).
- 6 & 7 Rock right behind left(6), Recover weight onto right(&). Step right to right side(7).
- 8 Cross left behind right(8)

(33-40) ¼ turn right, step forward left, Rock forward right, recover, ¼ cross ¼, ¼ cross ¼, Rock back right & recover.

- & 1 Make a ¼ turn right stepping forward on right(&) Step forward on left(1) 12:00
- 2 -3 Rock forward on right(2) Recover weight onto right foot(3).
- 4 & Make a ¼ turn right stepping right to right side(4). Cross left over right(&). 3:00
- 5 Make a ¼ turn left stepping right foot back(5). 12:00
- 6 & Make a ¼ turn left stepping left to left side(6), Cross right over left(&), 9.00
- 7 Make a ¼ turn right stepping back on left foot(7). 12.00

(The 2 ¼ cross ¼ 's are basically back lock steps with ¼ turns instead of stepping back)

- 8 Rock back on right(8).

(41-48) Recover on left, Cross walk right, left, Rock forward right, Recover, ½ turn shuffle right.

- 1 Recover weight onto left foot(1),

- 2 – 3 Cross over walks, Step right foot forward slightly across left(2). Step forward left slightly across right(3).
- 4 – 5 Rock forward on right(4). Recover weight onto left(5).
- 6 & 7 ½ turn shuffle right, make a ½ turn right stepping forward on right(6). Step left next to right(&), Step forward on right(7). 6:00
- 8 Step forward left(8).

(49-56) ½ turn pivot right, ½ turn back shuffle, Rock back, recover, rock forward right , recover, rock back right & recover

- 1 Pivot ½ turn right transferring weight onto right foot(1). 12:00
- 2 & 3 ½ turn back shuffle right, make ½ turn right stepping back on left(2), Step right next to left(&), Step back on left(3). 6:00
- 4 – 5 Rock back right swaying hips back(4), Recover weight onto left swaying hips forward(5),
- 6 - 7 Rock forward on right swaying hips forward(6), Recover weight onto right swaying hips back(7).
- 8 & Rock back on right swaying hips back(8). Recover weight onto left(&).

(57-64) Step, forward & back & forward & back & forward & back, Walk back left, right, Rock back left & recover, step forward left

- 1 & Step the ball of your right foot(toes) In front and slightly across your left foot(1). Step left foot in place(&)(your left foot should be in the same position as it was each time).
- 2 & Step the ball of your right foot back and slightly behind your left foot(2). Step your left foot in place(&).
- 3 & Step the ball of your right foot forward and slightly across your left foot(3). Step your left foot in place(&)
- 4 Step back on right(4).
- 5 – 6 Walk back left(5), Right(6).
- 7 & 8 Rock back on left(7), Recover weight onto right(&), Step forward left(8)

Tag - On the forth wall facing wall 12:00, Dance up to count 62 then add the following steps, Step back & forward & back & forward & back forward, Walk forward right, left.

- 1 & Step the ball of your left foot(toes) back and slightly behind your right foot(1). Step right foot in place(&)(your right foot should be in the same position as it was each time).
- 2 & Step the ball of your left foot forward and slightly across your right foot(2). Step your right foot in place(&).
- 3 & Step the ball of your left foot back and slightly behind your right foot(3). Step your right foot in place(&)
- 4 Step forward on left(4).
- 5 - 6 Walk forward right(5), Left(6).

And begin the dance again

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