

Sing That Swing

拍數: 48 牆數: 2 級數: Advanced
編舞者: Vikki Morris (UK) - July 2012
音樂: Swing, Swing, Swing (Sing, Sing, Sing) - Keely Smith : (CD: Swing Swing Swing, 1999)



Start 48 counts on the vocals

R Charleston, L Charleston, R Lock Step, L Scuff L Hitch L Stomp, Heel Splits Out, In

- 1&2 Swing Right toe forward, Swing Right out and back, Step onto Right
3&4 Swing Left toe back, Swing Left out and forward, Step onto Left (Swing arms to right on counts 1& and 3&, swing arms left on counts 2&4)
5&6 Step forward Right, Lock Left behind Right, Step forward Right
&7 Scuff Left forward, Hitch Left
&8& Stomp Left, twist both heels out, twist both heels in place (Look Right, Shrug shoulders and point elbows out, in on count 8&) (weight ends on Left)

R Out In Out, R Behind Side Cross, L Out In, Tap L ¼ L, Kick L, L Coaster Step

- 1&2 Touch Right toe to Right, Touch Right next to Left, Touch Right Toe to Right
3&4 Cross Right behind Left, Step Left to Left side, Cross Right over Left
5&6 Touch Left toe to Left, Touch Left next to Right, Turn ¼ Turn Left as you Tap Left forward
& Kick Left forward (9 o'clock)
7&8 Step back Left, Step Right next to Left, Step forward Left

R Step Hold, ½ Turn L Hold, ¼ Turn L R Step, Touch L Behind, L Kick Ball, Toe Strut ¼ R Jazz

- 1&2& Step Right forward, Click fingers (HOLD), Turn ½ Turn Left, Click fingers (HOLD) (3 o'clock)
3,4 Turn ¼ Turn Left as you step Right to Right side (bend Right knee slightly) Swing Left back behind Right (at same time swinging both arms to Right side, Look Right & Click Fingers) (Weight stays on Right) (12 o'clock)
5&6& Kick Left to Left diagonal, Step back on Left, Cross Right toe over Left, Slap Right heel down and click fingers,
7&8& Step Left toe back, Slap Left heel down and click fingers, Turn ¼ turn Right with Right Toe, Slap Right heel down and click fingers (3 o'clock)

L Kick Ball Kick, R Ball Step, L Shoulder Up Down, R Flick, Extended Right Toe Chasse, Left Back Rock, Recover

- 1&2 Kick Left forward, Step back Left, Low kick Right to Right side
&3 Step Right to Left (&), Step Left to Left side bending Left Knee, Lifting Right heel slightly off floor and Lower Left Shoulder (body should be leaning Left)
&4& Lift Left Shoulder Up, Lower Left shoulder (weight should remain on Left for counts 3&4), Flick Right foot back behind Left
5&6& Step Right toe to Right Side, Step Left foot to Right, Step Right toe to Right Side, Step Left foot to Right (Left shoulder should still be lowered for counts 5&6&, bring hands up to right side as if you are reaching for something on counts 5,6,7 bring back into place on the & counts)
7,8& Step Right foot to Right Side, Rock back with Left (swing both arms to Right side), recover on Right (Look Right on counts 5&6&7 8&) (Straighten up shoulders on 7 8&)

L Toe Strut, R Toe Strut, L Mambo Step, Out Out, Step Back R, L Coaster Step

- 1&2& Touch Left toe forward, Slap Left heel down as you click fingers, Touch Right toe forward, Slap Right heel down as you click fingers
LITTLE TAG & RESTART
3&4 Rock forward Left, Recover on Right, Step back Left

&5,6 Leaning back slightly, Step back & out slightly with Right (&), Step back & out slightly with Left (arms bent in front of you, palms facing down , swing both palms out to sides as if you are posing), Step back Right
7&8 Step back Left, Step Right next to Left, Step Left forward

R Scuff ,Press R, Sweep R, Behind Side Cross, L Toe Tap x2, Bounce x2 ¾ Turn Left, Step Left

&1,2 Scuff Right forward, Press ball of Right forward as you Loosely hook Left behind Right (palms out in front as if your are stopping yourself from falling), Recover Left as you sweep Right out and around behind Left
3&4 Cross step Right behind Left, Step Left to Left side, Cross Right over Left
5,6 Tap Left toe to Left side, Tap Left toe to Left side
7& Lift your Left foot up (as if you are just about to step on something you don't want to step on) & Bounce round on Right foot ¾ turn Left (hands facing out to the sides and palms down as you bounce round)
8 Step forward Left (6 o clock)

Start again and Smile

LITTLE TAG & RESTART(WALL FOUR)

To keep with the phrasing of the music, a little tag is needed on wall four (start at 6 o clock).

You will be facing the 9 o clock when you do the left toe strut and the right toe Strut (counts 33&34&), add the following 2 counts:-

STEP ¼ PIVOT R, STEP L FORWARD

1&2 Step forward Left, Pivot ¼ turn Right, Step Left forward and slightly across Right

Restart the dance from the front wall (12 o clock)

Choreographer's Note

Arm movements are not compulsory, they just add to the fun and styling of the music and dance.

Just ENJOY !

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