

Swangin'

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lisa M. Johns-Grose (USA) - January 2013
音樂: Swangin' - John Anderson & Colt Ford : (Super Zero's Soundtrack)



SIDE SHUFFLE - ROCK -REC- SIDE SHUFFLE - ROCK - REC

1&2 Step right to right, step left next to right, step right to right
3-4 Rock back left, recover forward right
5&6 Step left to left, step right next to left, step left to left
7-8 Rock back right, recover forward left (12 o'clock)

SHUFFLE FWD - PIVOT 1/2- SHUFFLE 1/2- WALK BACK 2 X

1&2 Step forward on right, step left next to right, step forward right
3-4 Touch left forward, pivot 1/2 turn right
5&6 Shuffle left, right, left, making 1/2 turn right
7-8 Walk back right, left (12 o'clock)

COASTER STEP -FWD HIP BUMPS - FWD HIP BUMPS- FWD HIP BUMPS

1&2 Step right back, step left next to right, step forward on right
3&4 Stepping forward on left, bump left hip 2 times
5&6 Stepping forward on right, bump right hip 2 times
7&8 Stepping forward on left, bump left hip 2 times (12 o'clock)

ROCK FWD- ROCK BACK- 1/4 RIGHT - CROSS - SIDE - BEHIND - SIDE - CROSS

1-2 Rock right forward, rock back left
3-4 Step right 1/4 turn right, cross left over right (3 o'clock)
5-8 Step right to right, step left behind right, step right to right, step left across

BEGIN AGAIN!!

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