

Swing A Ling

拍數: 32 牆數: 4 級數: Improver
編舞者: Robbie McGowan Hickie (UK) - March 2013
音樂: Swing Baby - David Ball : (CD: Amigo)



8 Count intro

Hip Push (Left & Right). Chasse Left. Hip Push (Right & Left). Chasse Right.

- 1 – 2 Step Left to Left side pushing hips Left. Push hips Right.
3&4 Step Left to Left side. Close Right beside Left. Step Left to Left side.
5 – 6 Step Right to Right side pushing hips Right. Push hips Left.
7&8 Step Right to Right side. Close Left beside Right. Step Right to Right side.

Option: Counts 1 – 2 above ... Raise both hands up in front of chest (Palms Facing Outward)

Sway hands Left. Sway hands Right ... Repeat in Opposite Direction for Counts 5 – 6

Cross. 1/4 Turn Left. Left Coaster Step. Charleston Steps.

- 1 – 2 Cross step Left over Right. Make 1/4 turn Left stepping back on Right.
3&4 Step back on Left. Step Right beside Left. Step forward on Left. (Facing 9 o'clock)
5 Swing/Sweep Right out and around touching Right toe forward.
6 Swing/Sweep Right out and around stepping back on Right.
7 Swing/Sweep Left out and around touching Left toe back.
8 Swing/Sweep Left out and around stepping forward on Left.

Diagonal Locks Steps Forward (Right & Left). Cross. Step Back. Chasse 1/4 Turn Right.

- 1&2 Step Right Diagonally forward Right. Lock Left behind Right. Step Right Diagonally forward Right.
3&4 Step Left Diagonally forward Left. Lock Right behind Left. Step Left Diagonally forward Left.
5 – 6 Cross step Right over Left. Step Back on Left pushing Hips Back. (Facing 9 o'clock)
7&8 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.

Step. Pivot 1/4 Turn Right. Left Cross Shuffle. Lunge. Recover. Behind & Cross.

- 1 – 2 Step forward on Left. Pivot 1/4 turn Right.
3&4 Cross step Left over Right. Step Right to Right side. Cross step Left over Right.
5 – 6 Lunge Right out to Right side. Recover weight on Left.
7&8 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. (Facing 3 o'clock)

Start Again

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