

Happy Sway

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Adrian Helliker (FR) - May 2013
音樂: My Way - Dave Sheriff



Intro: 64 Counts, approx 29 Seconds Into The Track - No Tags No Restarts

[1-8] RUMBA BOX WITH HOLD, SWAY X4

1-2 Step right to right side, left beside right taking weight on left
3-4 Step right forward, hold
5-6 Step left to left side & sway, sway right
7-8 Sway left, sway right (12:00)

Option: 5-6-7-8 Sway your hands right, left, right, left at the same time as the sways

[9-16] RUMBA BOX WITH HOLD, SWAY X4

1-2 Step left to left side, right beside left taking weight on right
3-4 Step left forward, hold
5-6 Step right to right side & sway, sway left
7-8 Sway right, sway left (12:00)

Option: 5-6-7-8 Sway your hands left, right, left, right at the same time as the sways

[17-24] SIDE, TOGETHER, ¼ TURN RIGHT, HOLD, ROCK STEP, MAMBO STEP WITH HOLD

1-2 Step right to right side, left beside right taking weight on left
3-4 Step right to right side make ¼ turn to right stepping right forward, hold (3:00)
5-6 Rock left forward, recover on right
7-8 Step left back, hold (3:00)

[25-32] SWAY X4, JAZZBOX WITH ¼ TURN & CROSS

1-2 Step right to right side & sway, sway left
3-4 Sway right, sway left (3:00)

Option: 5-6-7-8 Sway your hands right, left, right, left at the same time as the sways

5-6 Right cross in front of left, left back
7-8 Right to right side with ¼ turn right, cross left in front of right (6:00)

[33-40] SIDE MAMBO FORWARD HOLD X2

1-2 Rock right to right side, recover onto left
3-4 Step right forward, hold
5-6 Rock left to left side, recover onto right
7-8 Step left forward, hold

[41-48] ROCK, RECOVER, ½ TURN FORWARD, ¼ TURN SCISSOR CROSS

1-2 Rock forward on right, recover onto left
3-4 Make a ½ turn right stepping forward on right, hold (12:00)
5-6 Make a ¼ turn right stepping left to left side, step right beside left (3:00)
7-8 Cross left over right, hold

[49-56] SIDE, TOGETHER, ¼ TURN RIGHT, HOLD, ROCK STEP, MAMBO STEP WITH HOLD

1-2 Step right to right side, left beside right taking weight on left
3-4 Step right to right side make ¼ turn to right stepping right forward, hold (6:00)
5-6 Rock left forward, recover on right
7-8 Step left back, hold (6:00)

[57-64] SWAY X4, ROCKING CHAIR

1-2 Step right to right side & sway, sway left

3-4 Sway right, sway left (6:00)

Option: 5-6-7-8 Sway your hands right, left, right, left at the same time as the sways

5-6 Rock right forward, recover on left

7-8 Rock right back, recover on left (6:00)

Contact: adrianhelliker@alicaeds1.fr
