

Swing With Me (P)

COPPERKNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Improver Partner dance, stationary,
編舞者: Don Pascual (FR) - August 2013
音樂: Bring It On Down To My House (Dance Mix) - Asleep At The Wheel



Alternative music: Where my little love has Gone by The Starliters

Start on vocal

Start position: Two hand hold, Indian position (man behind lady)
Man's footwork (M) and lady's footwork (L) are the same unless indicated

Section 1:

Step R to the R, together, step R to the R, touch L beside R, L flick, touch, L flick, touch

1-4 Step R to the R, together, step R to the R, touch L beside R
5-8 L side flick, touch L beside R, L side flick, touch L beside R

Section 2:

M: Step L to the L, together, step L to the L, together, L back rock step, together, hold

L: Step L to the L, together, step L to the L, touch R beside L, ¼ T to the R & step R fwd , ¼ T to the R & step L to the L, touch R beside L, hold

1-4 M: Step L to the L, together, step L to the L, together
1-4 L: Step L to the L, together, step L to the L, touch R beside L (weight on L)
5-8 M: L back rock, recover onto R, step L beside R, hold
5-8 L: ¼ T to the R & step R fwd , ¼ T to the R & step L to the L, touch R beside L, hold

Both partners raise their left arms on counts 5 and 6
Counts 7 and 8, position double cross hand (L arms crossed above R arms)

Option: On counts 5-6, lady can replace the ¼ turns with a step ½ turn to her left (Man and lady have to raise their right arms)

Section3:

R ¼ T & step R fwd, L scuff, R ¼ T & step L fwd, R scuff, R ¼ T & step R fwd, L scuff, R ¼ T & step L fwd, together

1-4 R ¼ T & step R forward, L scuff, R ¼ T & step L forward, R scuff
5-8 R ¼ T & step R forward, L scuff, R ¼ T & step L forward, step R beside L

On counts 1-8, release your hands and make a full circle to your right, ending facing your partner

Section 4:

Swivels in place, hold, swivels in place ending with a ¼ T to the R, hold

1-4 Swivel both heels to the R, swivel both heels to the L, swivels both heels to the R, hold
5-8 Swivel both heels to the L, swivels both heels to the R, swivel both heels to the L making a R ¼ T, hold

During this section, hold your hands

Style: You can progressively bend your knees on counts 1 to 4 and straighten them up on counts 5 to 8

Section 5:

R kick, together, L kick, together, R kick, together, Lkick, together, making a ½ T to the R (like the wings of a windmill)

1-4 R kick forward, together, L kick forward, together
5-8 R kick forward, together, L kick forward, together

During section 5, you are side/reverse side. Keep your hands hold and make a progressive ½ T to your R,

switching sides while kicking (like the wings of a windmill).

Section 6:

While bending your legs: R hip bump, L hip bump, R hip bump, hold - While straightening your legs: L hip bump, R hip bump, L hip bump, hold

- 1-4 R hip bump, L hip bump, R hip bump, hold (bending progressively your knees on counts 1-4)
5-8 L hip bump, R hip bump, L hip bump, hold (straightening up progressively your knees on counts 5-8)

During section 6, keep your hands hold

Section 7:

Step R to the R, together, ¼ T to the R & step R forward, hold, L rock step forward, ½ T to the L & step L forward, hold

- 1-4 Step R to the R, together, ¼ T to the R & step R forward, hold
5-8 L rock forward, recover weight onto R, ½ T to the L & step L forward, hold

Hands released during section 6

Section 8:

**M: Step R forward, step L forward, touch R beside L, hold, slow L heel jack ending with touch R beside L
L: ¼ T to the L & step R to the R, step L beside R, ¼ T to the L & R back step, hold, slow R heel jack**

- 1-4 M: Step R forward, step L forward, touch R beside L, hold
1-4 L ¼ T to the L & step R to the R, step L beside R, ¼ T to the L & R back step, hold
5-8 M: R back step (R diagonal), touch L heel fwd (L diagonal), step L in place, touch R beside L (weight on L)
5-8 L: L back step (L diagonal), touch R heel fwd (R diagonal), step R in place, step L beside R (weight on L)

On counts 5 to 8 , hold your hands (Indian position)

Style: On count 6 ,look at yourselves (man turning his head left, lady turning her head right)

Have fun with this dance...

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