

Swing Alone

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Don Pascual (FR) - January 2014
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 vocals

Adapted from my Partner dance «Swing with me»
(see video link: <http://www.youtube.com/watch?v=hj1rylQ36V8>)

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: Step L to the L, together, step L to the L, scuff, step R fwd, L ½ T, touch R beside L, hold

1-4 Step L to the L, together, step L to the L, R scuff beside L

5-8 Step R fwd, L ½ T, touch R beside L, hold

Section 3: 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

You make a full circle during this section

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

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, L kick, together

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

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

Section 6: R hip bump, L hip bump, R hip bump, hold, 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)

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

Section 8: Step R forward, step L forward, R beside L, hold, slow R heel jack

1-4 Step R forward, step L forward, step R beside L, hold

5-8 L back step (L diagonal), touch R heel fwd (R diagonal), step R in place, step L beside R (weight on L)

Have fun with this dance...

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