Swingin' With The King (任憑擺動) (zh)

Count: 32 **Wand:** 2 **Ebene:** Improver
Choreograf/in: Michael Barr (USA) & Michele Burton (USA) - 2009年12月
Musik: Let's Make a Baby King - Wynonna

前奏： 32 cts, start on vocals 32拍後唱歌起跳

第一段 Touch, Hold, Turn, Touch, Hold – Repeat
點 候 1/4 點 候, 重覆一次

1–2 Touch Right toe side right; Hold 右足趾右點, 候

& Step Right next to left as you make a ¼ turn right
右足併踏右轉90度

3–4 Touch Left toe side left; Hold 左足趾左點, 候

& Step Left next to right 左足併踏

5–6 Touch Right toe side right; Hold 右足趾右點, 候

& Step Right next to left as you make a ¼ turn right
右足併踏右轉90度

7–8 Touch Left toe side left; Hold 左足趾左點, 候

第二段 Modified Sailor Steps W/ Touch Side Right (These Are Not Syncopated)
左水手 右水手 左後 右點

1–2 Step Left foot behind right; Step Right foot side right
左足於右足後踏, 右足右踏

3–4 Step Left foot side left; Step Right foot behind left
左足左踏, 右足於左足後踏

5–6 Step Left foot side left; Step right foot side right
左足左踏, 右足右踏

7–8 Step Left foot behind right; Touch Right toe side right
左足於右足後踏, 右足趾右點

第三段 Forward, Hold, Forward, Together, Hold – Repeat
前, 候, 前 併 候, 重覆一次

1–2 Step Right foot forward on slight diagonal to the left (11 o'clock); Hold 右足略左斜前踏(面向11點鐘), 候

&3–4 (&) Step Left foot forward; (3) Step Right foot next to left, squaring up on the front wall (4) Hold (weight stays on Right foot)
左足前踏, 右足併踏(轉正面向前面牆), 候(重心在右足)

5–6 Step Left foot forward on slight diagonal to the right (1 o'clock); Hold 左足略右斜前踏(面向1點鐘), 候

&7–8 (&) Step Right foot forward; (7) Step Left foot next to right, squaring up on the front wall (8) Hold (weight stays on Left foot)
右足前踏, 左足併踏(轉正面向前面牆), 候(重心在左足)

第四段 Weave Left – Two Kick Ball Changes (Or A Break Hold – See Below)
左藤步, 兩次踢 併 踏(第三面牆, 以候拍舞動)

1–2 Step Right foot in front of left; Step Left foot side left
右足於左足前踏, 左足左踏

3–4 Step Right foot behind left; Step Left foot side left
右足於左足後踏, 左足左踏

5&6	(5) Kick Right foot forward (low to left diagonal); (&) Step slightly back on ball of Right foot, (6) Step Left foot in place (changing weight to left) 右足於左斜角前踢, 右足略後踏, 重心移至左足
7&8	(7) Kick Right foot forward (low to left diagonal); (&) Step slightly back on ball of Right foot, (8) Step Left foot in place (changing weight to left) 右足於左斜角前踢, 右足略後踏, 重心移至右足
Note:	Hitting the breaks!! In place of the Kick-Ball-Changes on walls 3, 5 - 8 you can do this: 第三面牆時, 配合音樂節奏, 5-8拍改成下列舞步
5–8	Touch Right toe forward; Hold; Hold; Hold (easy and you will look so cool!!!) 右足趾前點, 候 候 候(擺個很酷的姿勢等候)