

East Coast Swing Express

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Nancy Morgan (USA)

Musik: Billy B. Bad - George Jones



SIDE SHUFFLE LEFT, SIDE SHUFFLE RIGHT, ROCK STEP, ROCK STEP

- 1&2-3&4 Shuffle to left side (left, right, left), shuffle to right side (right, left, right)
5-8 Rock back on left and forward on right, back on left and forward on right

STEP, SLIDE, STEP, BRUSH WITH ¼ TURN TO RIGHT, JAZZ BOX SQUARE, STOMP

- 1-4 Step forward on left, slide right to left, step forward on left, brush right as you make a ¼ turn to your right
5-8 Cross right over left, step back on left, step right to right side, stomp left next to right

SHUFFLE FORWARD, KICK, FLICK, SHUFFLE FORWARD, KICK FLICK

- 1&2-3-4 Shuffle forward (right, left, right), kick left forward, flick left foot back as you turn ½ turn to right
5&6-6-8 Shuffle forward (left, right, left), kick right forward, flick right foot back as you turn ½ turn to left

STOMP FORWARD, CLAP, STOMP, CLAP, TWO SAILOR SHUFFLES

- 1-4 Stomp right foot forward, clap; stomp left foot forward, clap
5&6-7&8 Step right behind left, step left to left side, step right forward; step left behind right, step right to right side, step left forward

TOE, HEEL, TOE, STOMP, TOE, HEEL, TOE, STOMP FORWARD

- 1-4 Put right toe in toward left instep, as you swivel to your right, put right heel next to left instep (toe pointing to your right), put right toe in toward left instep, stomp right next to left
5-8 Put left toe in toward right instep, as you swivel to your left, put left heel next to right instep (toe pointing to your left), put left toe in toward right instep, stomp left foot forward

TOUCH RIGHT TOE OUT, THEN LEFT, KICK TWICE, COASTER STEP

- 1-4 Touch right foot out to right side, step forward on right, touch left out to left side, step forward on left
5-6-7&8 Kick right foot forward two times, step back on right, back on left, forward on right

REPEAT
