West Coast Swing Me



Compte: 32 Mur: 4 Niveau: Improver

Chorégraphe: Jim PAVADÉ (FR) - July 2021

Musique: Royals - Lorde



The dance starts with the body weight on the LF

S1 : Point , Point, Sailor Step, Point, Point Sailor Step with 1/4 turn left				
	1 2	Point RF forward, Point RF to side (12h00),		
	3 & 4	Cross RF behind LF, Step LF to left side, Step RF to right side,		
	5 6	Point LF forward, Point LF to side,		
	7 & 8	Cross LF behind RF, Step RF to right side with 1/4 turn left, LF to left side (09h00).		
S2 : V Step, Hip Roll (X2)				
	1 2	Slide RF forward Out, Slide LF forward Out,		
	3 4	RF back In, LF back In (beside RF),		

Hip Roll with 1/4 turn right & Step RF in place, Step LF in place (12h00), Hip Roll with 1/4 turn right & Step RF in place, Step LF in place (03h00).

S3: Slide back RF & LF, Cross Sugar Push, Camel Walk, Kick Ball Point

1 2	Slide Back RF, Slide back LF,
3 & 4	Cross RF over LF turning body to R diagonal, Step slightly back LF, Step RF to right side,

Step L forward and Touch R beside L, step R forward and Touch L beside R,

7 & 8 Kick LF forward, Ball on LF, Point RF to right side.

S4: Dorothy Step R & L, Body Roll, Ball step Back, Cross, Turn 1/2 right

12&	Slide RF forward on the R diagonal, LF lock behind RF, RF forward on the R diagonal,
3 4 &	Slide LF forward on the L diagonal, RF lock behind LF, LF forward on the left diagonal,
5 6	RF forward on the right diagonal with a Body Roll, Recover on LF,

&7 8 Ball step back on RF, Cross LF over RF, 1/2 Turn right (09h00).

TAG at the end of wall 3 (03h00)

[1 - 8]: Side-Point (X4) with Hip Bump and Snap

1 2	RF side with hip bump to the right, point LF to L side with snap,
3 4	LF side with hip bump to the left, point RF to R side with snap,
5 6	RF side with hip bump to the right, point LF to L side with snap,
7 8	LF side with hip bump to the left, point RF to R side with snap.

Enjoy!

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