## Swing Cha



拍数: 16 墙数: 4 级数: Beginner

编舞者: Kitty Russell (USA) - May 2022 音乐: The Tide Is High - Atomic Kitten



Am I Right by Asleep at the Wheel (start at vocals)

Bonaparte's Retreat by Glen Campbell (start at vocals; use option)

Belle of Liverpool by Derek Ryan (start at vocals)

Gimme A Ride to Heaven by Jim Morris (start at vocals)

Hello My Name Is by Matthew West (start after "Hello my name is re" at "gret"; use option)

Miles & Miles of Texas by Asleep at the Wheel (start at vocals; use option)

Ring of Fire by Johnny Cash (start at vocals; use option)

Rivers of Babylon by Boney M (start at "Babylon")

That Don't Bother Me by Catherine Britt (start right away; use option)

(Start at vocals) right lead

**TRIPLE UP X2** 

1&2 Triple step R (1), L (&), R (2) forward 3&4 Triple step L (3), R (&), L (4) forward

ROCK UP, RECOVER TRIPLE 1/2 TURN RIGHT

5-6,7&8 Rock R forward (5), recover on L (6), triple R (7), L (&), R (8) in a turn ½ to right (6:00)

ROCK UP, RECOVER, TRIPLE 1/2 TURN LEFT

1-2, 3&4 Rock L forward (1), recover on R (2), triple L (3), R (&), L (4) in a turn ½ to left (12:00)

**JAZZ BOX 1/4 RIGHT** 

5-8 Step R across L (5), step L back (6), step R to right turning 1/4 right (3:00) (7), step L (8)

Restart

Option: Add at end: ROCK BACK, RECOVER

1-2 Rock R back (1), recover on L (2)

or:

JAZZ BOX IN PLACE

1-4 Step R across L (1), step L back (2), step R to right (3), step L (4)

Last Update: 30 May 2022