Swingin'



编舞者: Chris Cashion (CAN) - September 2022

音乐: Swingin' - John Anderson



Intro: 32 counts (start at lyrics)

Restart on wall 5 & 7 after first 8 counts (facing 12:00)

End dance at 12:00 after first 8 counts.

Step touch R x 2, Jazz Box

1 - 4 Step R, step L next to R - X 2.

5 - 8 Step R across L, Step back on L, step R to side, step L next to R.

Step 1/4 turn L, shuffle R, step point R & L

1-2, 3&4 Step R forward, 1/4 turn L, Shuffle R-L-R.

5 - 8 Step forward L, point R to side, Step forward R, point L to side.

Step Pivot, Brush & Hook, Shuffle L & R

1 - 4 Step L forward, pivot 1/2 turn right keeping weight on R, brush L ball of the foot forward and

Hook (L foot is crossed over R leg just below the knee).

5&6 - 7&8 Shuffle L diagonal, Shuffle R diagonal.

Mambo L, R - Kick ball change L, step 1/4 R, touch R

1&2 Mambo forward (rock forward onto L & Recover weight back on R, Step L next to R).

3&4 Mambo back (rock back onto R & Recover weight back on L, Step R next to L).

5&6 Kick ball change L (Kick L & Step on ball of L, touch R next to L)

7-8 Step L forward, 1/4 turn R, touch R next to L.

Enjoy the dance and have fun!!