

Swing Out

COPPER KNOB
STEPSHEETS

拍数: 16 墙数: 4 级数: Beginner
编舞者: West Love (USA) - May 2025
音乐: Swing Out - West Love



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

CHA CHA UP, STEP MAKE HALF RIGHT TURN, CHA CHA UP, STEP MAKE HALF LEFT TURN

1&2 3 4 Shuffle forward right, left, right, step forward on left to make half turn to right, land on right

5&6 7 8 Shuffle forward left, right, left, step forward on right to make half turn to left, land on left

PADDLE QUARTER LEFT TURN, HIP SWINGS

1 2 3 4 Make quarter paddle turns to left keeping left foot in place and paddling with right foot

5 6 7 8 Standing in place swing hips to right, left, right, left

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