

Norfolk Swing (P)

拍数: 48 墙数: 0 级数: Partner
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音乐: Jeans On - Keith Urban



Position: Closed Western. Man facing OLOD man's left, opposite feet

BASIC SWING

1&2 Side close side LOD
3&4 Side close side RLOD
5-6 Rock back, (both) recover

TUCK & TURN, ROCK APART

7&8 Side close side LOD bringing lady across front of man

Raising man's left up and forward ready to pass under

9&10 Side close side ¼ turn, turning lady ¾ to face (turning to the right)

Man LOD, lady RLOD

11-12 Rock back (both) recover

Open hands at this point

BASIC SWING LINE OF DANCE

13&14 Shuffle LOD

Resume closed western

15&16 Shuffle LOD

17-18 Rock, recover, man rock forward, lady back

BASIC SWING REVERSE LINE OF DANCE

19&20 Shuffle RLOD

21&22 Shuffle RLOD

23-24 Rock, recover, man rock back, lady forward

¼ TURN INTO BASIC SWING

25&26 Step LOD make ¼ turn to face, together, step to side (travel LOD)

27&28 Side close side RLOD

29-30 Rock back, (both) recover

FULL TURN AWAY FROM PARTNER, ROCK STEP

Release hands

31&32 Half turn, man left, lady right

33&34 Half turn, man left, lady right

Open hands

35-36 Rock back, (both) recover

PIN WHEEL ½ TURN TO THE RIGHT

Closed Western

37&38 Close to partner start ½ turn

39&40 Complete ½ turn, man now facing ILOD

Open hands

41-42 Rock back (both) recover

UNDER ARM ½ TURN, ROCK STEP

Raise man's left hand drop right

43&44 Man passes under arch starting ½ turn to the left

Lady starts ½ turn to face man to the left

45&46 Both completing ½ turn, man facing OLOD, lady facing ILOD

Rejoin into open hands

47-48 Rock back (both) recover

Into Closed Western

REPEAT
