

Swamp Thang

拍数: 40 墙数: 4 级数: Improver
编舞者: Max Perry (USA) - January 1996
音乐: Swamp Thing - The Grid : (fast)



Alt. music:

"The Wheel of Love" by Rick Tippe

"Some Things Are Meant To Be" by Linda Davis (slow)

- 1,2,3,&,4 (LEFT ROCK STEP, LEFT COASTER STEP) Rock fwd left, step in place right, step back left, together right, step forward left (shuffle rhythm)
- 5,6,7,&,8 (RIGHT ROCK STEP, RIGHT COASTER STEP) Rock forward right, step in place left, step back right, together left, step forward right (shuffle rhythm)
- 1,2,3,&,4 (LEFT ROCK SIDE, SHUFFLE IN PLACE) Rock step to left side with left foot, step in place right, step together left, in place right, in place left (shuffle rhythm)
- 5,6,7,&,8 (RIGHT ROCK SIDE, SHUFFLE IN PLACE) Rock step to right side with right foot, step in place with left, step together right, step in place left, step in place right (shuffle rhythm)

Note: On these side rocks and shuffles in place, you may want to do a full spin while shuffling. The first spin would be to the right, and the second spin to the left. You should start spinning as you are transferring weight in the rock step to the "in place" step.

- 1,2,3,4 (VINE LEFT WITH OPTIONAL SPIN LEFT) Step side left, cross right behind left, step side left, step together right (on counts 3,4 of the vine, you could spin 360 left)

Note: the vine may be danced as a weave without bringing the feet together on count 4 – you may cross in front instead – this is how it is usually danced

- 5,&,6,7,8 (LEFT SHUFFLE TO LEFT SIDE, ROCK STEP) Step side left, step together right, step side left, rock step back with right, step in place with left foot

- 1,2,3,4 (VINE RIGHT WITH OPTIONAL SPIN RIGHT) Step side right, cross left behind right, step side right, step together left (on counts 3,4 of the vine you could spin 360 right)

Note: the vine may be danced as a weave by crossing in front instead of together on count 4

- 5,&,6,7,8 (RIGHT SHUFFLE TO RIGHT SIDE, ROCK STEP) Step side right, together left, step side right, rock step back left, step in place right

- 1,2,&,3,4,& (SYNCOPATED CHASSE' LEFT WITH CLAPS) Step side with left foot on count "1", hold and clap on count "2", bring right foot to left foot on "&", step side left on count "3", hold and clap on count "4", bring right foot to left foot on "&"

- 5 (1/4 TURN LEFT AS YOU STEP FORWARD) Turn 1/4 left and step forward with left foot
- 6,7,8 (1/2 TURN LEFT, STOMP) Step forward with right foot and turn 1/2 left, step in place with left, stomp right foot next to left. (the stomp is optional)

REPEAT ENTIRE SEQUENCE!

Last Update – 5 April 2020