Swing Time Boogie



拍数: 64 墙数: 4 级数: Intermediate

编舞者: Scott Blevins (USA)

音乐: Swing City - Roger Brown & Swing City



STOMP FORWARD (PROGRESSIVELY SMALLER)

1-4 Stomp right foot forward; hold for 3 counts5-8 Stomp left foot forward; hold for 3 counts

9-10 Stomp right foot slightly forward; hold for 1 count 11-12 Stomp left foot slightly forward; hold for 1 count

13-16 Using very small steps, stomp forward right; left; right; left Use of hands for styling on this section is very effective - use your imagination.

MONTEREY TURN

17 Touch right toe to right side

18 Pivot ½ turn to right on left foot and draw right foot next to left foot, shifting weight to right foot

19 Touch left toe to left side

20 Place left foot next to right foot with weight

STEP, 1/2 TURN, STEP, KICK

21 Step forward on right foot

22 Pivot ½ turn left on ball of left foot

Step forward on right footKick left foot forward

STEP, CROSS, TOE, HEEL, CROSS, TOE, HEEL, CROSS

25 Step back with left foot

Cross right foot in front of left footTouch left toe next to right foot

28 Touch left heel slightly left of right foot

29 Cross (step) left foot in front of right foot with weight

30 Touch right toe next to left foot

31 Touch right heel slightly right of left foot

32 Cross (step) right foot in front of left foot with weight

When you are comfortable with Counts 27-32, this section can be done while twisting for style

STEP LEFT, RIGHT, CROSS, CLAP, BUMP RIGHT, BUMP LEFT

33 Step left foot to left side 34 Step right foot to right side

35 Cross (step) left foot in front of right foot 36 Hold 1 count while clapping hands

37 Step right foot to right side and bump right hip to right side at same time

38 Bump right hip to right side again 39-40 Bump left hip to left side twice

STOMP, CLAP, STOMP, CLAP

41 Stomp right foot forward

42 Clap hands

43 Stomp left foot forward

44 Clap hands

SHUFFLE, 1/2 TURN, SHUFFLE

45&46 Step right foot back; drag left foot to right foot; step right foot back

& Pivot ½ turn to left on ball of right foot

47&48 Step left foot forward; drag right foot to left foot; step left foot forward

STEP, ½ TURN, PLACE, PLACE, TWIST

49 Step forward on right foot

50 Pivot ½ turn left on ball of left foot

51 Step right foot forward

52 Step left foot forward, even with right foot and about a shoulder's width apart

On balls of both feet, twist from the waist down - knees to the right, then left, then right, then

center with weight ending on left foot

SHUFFLE, STEP, ½ TURN, ¾ TURN, ROCK, STEP

57&58 Step right foot forward; drag left foot to right foot; step right foot forward

59 Step forward on left foot

60 Pivot ½ turn right on ball of right foot

Triple in place left, right, left, while making a ¾ turn right

Step (rock) weight back on to right foot Shift (rock) weight forward on to left foot

REPEAT

TAG

On wall 1, for counts 63-64, instead of a rock step, you should do the following:

Step weight on to right foot

Touch left foot next to right foot

Then begin wall 2 by stepping left with left foot for counts 33-64. All other walls will end with the rock step as described above and will use the entire 64 counts.

REPEAT