

Switch

拍数: 0 墙数: 4 级数: Advanced
编舞者: The Lady In Black (UK)
音乐: Switch - Sugababes



Sequence: AB, AB, A (counts 1-44), BB, B (counts 33-48). Where you have the double B section, put your weight down on your left foot after 1st B section to start the second B (just like the kick away in MJ Moves)

PART A

TAP HITCH POINT, SWITCH POINT, STEP ½ PIVOT, ½ PIVOT, COASTER STEP

- 1&2&3 Tap right toe next to left, hitch right knee, point right to right side, step right in place, point left to left side
4-5-6 Step left forward, pivot ½ turn right, pivot ½ turn right stepping left back
7&8 Right coaster step

BRUSH CROSS, BACK, SIDE, TAP STEP & SKATES TWICE, ¼ TURN, STEP PIVOT ½ TURN STEP

- &1-2-3 Brush left forward next to right, cross left over right, step right back, step left to left side
&4&5 Tap right in place, skate right to right diagonal, tap left in place, skate left to left diagonal
6-7&8 Step right ¼ turn right, step left forward, pivot ½ turn right, step left forward

RIGHT KICK STEP LOCK STEP, LEFT KICK STEP LOCK STEP, ROCK STEP, BACK TOUCH STEP

- 1&2& Kick right forward, step right forward, lock left behind right, step right forward
3&4& Kick left forward, step left forward, lock right behind left, step left forward
5-6 Rock right forward swaying hips forward, recover back on left swaying hips back
7&8 Step back right, touch left toe in front of right, step forward left

¼ TURN LEFT, ROCK STEP, BEHIND SIDE CROSS, ROCK STEP, BEHIND SIDE CROSS

- &1-2 Turn ¼ turn left on left, rock right out to right side swaying hips right, recover on left swaying hips left
3&4 Step right behind left, step left to left side, cross right in front of left
5-6 Rock left to left side swaying hips left, recover on right swaying hips right
7&8 Step left behind right, step right to right side, cross left in front of right

STEP ¾ PIVOT, STEP TOUCH OR SNAKE ROLL TWICE, ROCK STEP SIDE

- 1-2 Step right forward, pivot ¾ turn left
3-4 Step right to right side, tap left toe to left diagonal
5-6 Step left to left side, tap right toe to right diagonal

Option for counts 5-6: snake roll right & left

- 7&8 Rock right behind left, recover on left, step right to right side

ROCK STEP ¼ TURN, STEP PIVOT ½ TURN STEP, JUMP FORWARD & TOUCH, JUMP BACK & TOUCH ROCK STEP TOUCH

- 1&2 Rock left behind right, recover on right, step left ¼ turn left
3&4 Step right forward, pivot ½ turn left, step right forward
&5&6 Jump slightly forward on left, touch right next to left, jump slightly back on right, touch left next to right
7&8 Rock left back, recover on right, touch left toe next to right

PART B

STEP POINTS, HEEL SWIVEL, KICK, STEP BACK, HIP BUMPS & DIP, KICK CROSS, UNWIND ½ TURN KNEE BENDS

- &1-2&3 Step left in place, point right to right side, point right to forward swivel heel in, swivel right heel out, swivel right heel in (keep weight back on left)

- &4&5 Kick right forward, step back on right, push hips forward and back twice as you dip lower each time (4&5) (keep weight back on right)
- 6&7 Kick left diagonally left, cross left over right, on ball of both feet unwind ½ turn right (as you complete unwind bend both knees out)
- &8& Bend both knees in, bend both knees out, bend both knees in

KNEE HITCH, COASTER STEP, PIVOT ½ TURN, ROCK STEP HITCH, BACK HITCH, STEP SIDE & DRAG

- 1-2&3 Hitch right knee, right coaster step
- 4 Pivot ½ turn left transferring weight back on to right
- 5&6& Rock back on left, recover on right, hitch left knee across and in front of right, push left knee back
- 7-8 Hitch left knee across and in front of right, step big step left drag right next to left (no weight)

**STEP POINT, ¼ TURN & STEP, PIVOT ½ TURN, BEHIND SIDE CROSS WITH SHOULDER SHRUGS
SKATE LEFT, SKATE RIGHT, ROCK STEP**

- &1-2&3 Step right in place, point left to left side, keeping weight on right turn ¼ turn left, step left in place, step right forward
- &4&5 Pivot ½ turn left transferring weight forward on left, cross right behind left, step left to left side, cross right over left
- 6-7 Skate left, skate right
- 8& Rock forward on left, recover on right

POINT BACK WITH HIP PUSH, HEEL SWIVELS ½ TURN, COASTER STEP, FULL TURN TOUCH

- 1-2&3 Point left toe back pushing hips back, swivel both heels right making a ¼ turn left, swivel both heels left, swivel both heels right making ¼ turn left
 - 4&5 Left coaster step
 - 6-7-8 Turn ½ turn left stepping back on right, turn ½ turn left stepping right forward, touch right next to left
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