

Switcharoo (P)

拍数: 64 墙数: 0 级数: Partner
编舞者: Rick Bates (USA) & Deborah Bates (USA)
音乐: Mad Love - Rick Tippe



Position: Right Open Promenade, holding inside hands (man's right and lady's left) partners on opposite footwork, man's steps listed

SYNCOPATED DIAGONAL STEP-SLIDE-STEPS, ¾ ROLLING TURN, COASTER STEP

1&2 Step forward and diagonally to the left on left foot; slide right foot up and behind left foot and step; step forward and diagonally to the left on left foot

3&4 Step forward and diagonally to the right on right foot; slide left foot up and behind right foot and step; step forward and diagonally to the right on right foot

Release inside hands (man's right and lady's left)

5-6 Step a ¼ turn to the left on left foot; pivot ½ turn to the left on ball of left foot and step right foot next to left

Partners now facing each other. Man faces OLOD lady faces ILOD

7&8 Step back on left foot; step back on right foot; step forward on left foot

WALK FORWARD, PIVOT (PARTNERS SWITCH SIDES), TRIPLE STEP, SLIDE STEPS BACK

9-10 Step forward on right foot; step forward on left foot

Man takes up lady's left hand in his left as partners begin to pass each other, lady to the left of man. Left shoulder to left shoulder

& Raise left hand and pivot ½ turn to the left on ball of left foot

Lady turns under upraised joined hands. Partners have now switched sides. Man faces ILOD and lady faces OLOD

11&12 Triple step in place (right, left, right) release left hands

During counts 13-16, place arms next to your side, bent at elbows into the shape of an "L" hands bent upward at wrist with palms facing outward

13-14 While bent slightly forward at waist and with knees slightly bent, slide back on left foot pulling left arm back and pushing right arm forward; slide back on right foot pulling right arm back and pushing left arm forward

15-16 Repeat steps 13-14

SYNCOPATED HEEL SWITCHES, HOLD, SYNCOPATED HEEL SWITCHES, DOUBLE KICK

17&18 Touch left heel forward; step left foot next to right; touch right heel forward

&19-20 Step right foot next to left; touch left heel forward; hold and clap hands

&21&22 Step left foot next to right; touch right heel forward; step right foot next to left; touch left heel forward

&23-24 Step left foot next to right; kick right foot forward twice

FORWARD SHUFFLE, ¾ ROLLING TURN, COASTER STEP, WALK FORWARD

25&26 Shuffle forward (right, left, right)

27-28 Step a ¼ turn to the left on left foot; pivot ½ turn to the left on ball of left foot and step right foot next to left man takes up lady's right hand in his left. Partners in the left open promenade position, holding inside hands

29&30 Step back on left foot; step back on right foot; step forward on left foot

31-32 Step forward on right foot; step forward on left foot

SYNCOPATED DIAGONAL STEP-SLIDE-STEPS, ¾ ROLLING TURN, COASTER STEP

33&34 Step forward and diagonally to the right on right foot; slide left foot up and behind right foot and step; step forward and diagonally to the right on right foot

35&36 Step forward and diagonally to the left on left foot; slide right foot up and behind left foot and step; step forward and diagonally to the left on left foot

Release inside hands (lady's right and man's left)

37-38 Step a ¼ turn to the right on right foot; pivot ½ turn to the right on ball of right foot and step left foot next to right

Partners now facing each other. Lady faces OLOD man faces ILOD

39&40 Step back on right foot; step back on left foot; step forward on right foot

WALK FORWARD, PIVOT (PARTNERS SWITCH SIDES), TRIPLE STEP, SLIDE STEPS BACK

41-42 Step forward on left foot; step forward on right foot

Lady takes up man's left hand in her left as partners begin to pass each other, man to the left of lady. Left shoulder to left shoulder

& Raise left hand and pivot ½ turn to the right on ball of right foot

Man turns under upraised joined hands. Partner have now switched sides. Lady faces ILOD and man faces OLOD

43&44 Triple step in place (left, right, left)release left hands

During counts 45-48, place arms next to your side, bent at elbows into the shape of an"left" hands bent upward at wrist with palms facing outward

45-46 While bent slightly forward at waist and with knees slightly bent, slide back on right foot pulling right arm back and pushing left arm forward; slide back on left foot pulling left arm back and pushing right arm forward

47-48 Repeat steps 45 -46

SYNCOPATED HEEL SWITCHES, HOLD, SYNCOPATED HEEL SWITCHES, DOUBLE KICK

49&50 Touch right heel forward; step right foot next to left; touch left heel forward

&51-52 Step left foot next to right; touch right heel forward; hold and clap hands

&53&54 Step right foot next to left; touch left heel forward; step left foot next to right; touch right heel forward

&55-56 Step right foot next to left; kick left foot forward twice

FORWARD SHUFFLE, ¾ ROLLING TURN, COASTER STEP, WALK FORWARD

57&58 Shuffle forward (left, right, left)

59-60 Step a ¼ turn to the right on right foot; pivot ½ turn to the right on ball of right foot and step left foot next to right

Lady takes up man's right hand in her left. Partners in the right open promenade position, holding inside hands

61&62 Step back on right foot; step back on left foot; step forward on right foot

63-64 Step forward on left foot; step forward on right foot

REPEAT
