

Swoop

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音乐: Swoop (I'm Yours) - Dazz Band



CROSS HITCH, TOUCH SIDE, CROSS HITCH, TOUCH SIDE, CROSS STEP, POINT SIDE, CROSS STEP, POINT SIDE

- 1-4 Cross hitch right knee over left, point right to right side, cross hitch right knee over left, point right to right side
5-8 Cross step right over left, point left to left side, cross step left over right, point right to right side

JAZZ BOX IN PLACE, ¼ TURN LEFT POINTING RIGHT TO RIGHT SIDE, ¼ TURN RIGHT STEP, ¼ RIGHT POINTING LEFT TO LEFT SIDE, ¼ TURN LEFT STEP

- 1-4 Jazz box in place crossing right over left, step back on left, step right to right side, step left next to right
5-6 Turn ¼ left as you point right to right side, turn ¼ right as you step down on right
7-8 Turn ¼ right as you point left to left side, turn ¼ left as you step down on left

HEEL, HOLD, TOUCH TOE BACK, HOLD, HEEL, TOE, HEEL, TOE

- 1-4 Touch right heel forward, hold, touch right toe back, hold
5-8 Touch heel forward, touch toe back, touch heel forward, touch right toe back

¼ TURN RIGHT OUT OUT, HOLD, & CROSS UNWIND ½ TURN LEFT, HEEL JACKS

- &1-2 Turn ¼ right as you step out right to right side step out left to left side (feet slightly apart), hold (weight remains on right)
&3-4 Step left next to right, cross right over left, unwind ½ turn left placing weight on left
&5&6 Step right back, touch left forward at angle, step down on left, step right next to left
&7&8 Step left back, touch right forward at angle, step down on right, step left next to right

RIGHT HIP BUMPS, LEFT HIP BUMPS

- 1&2&3&4 Stepping forward on right at an angle bump hips forward, back, forward, back, forward, back, forward (weight ends on right)
5&6&7&8 Stepping forward on left at an angle bump hips forward, back, forward back, forward, back, forward (weight ends on left)

ROCK FORWARD, RECOVER BACK, BACK COASTER STEP, SYNCOPATED HEELS, HITCH, STEP LEFT SIDE

- 1-2 Rock right forward, recover back on left
3&4 Back right coaster step by stepping back on right, step left next to right, step slightly forward on right
5&6 Touch left heel forward, step left next to right, touch right heel forward
&7&8 Step right next to left, touch left heel forward, slightly hitch left knee as you take long step left to left side

TOUCH BACK, STEP SIDE, TOUCH BACK, ¼ LEFT, ½ TURN LEFT, ¼ TURN LEFT

- 1-4 Touch right toe behind left, step right to right side, touch left toe behind right, step left into ¼ turn left
5-8 Step forward on right, pivot ½ turn left (weight on left), step forward on right, turn ¼ left (weight on left)

TOE STRUTS FORWARD, STEP FORWARD, HOLD, ½ TURN LEFT HIP ROLL

- 1-2 Touch right toe forward bring hands up and frame face with palms facing inward and fingers pointed up, step down forward on right bring left hand under chin palm facing down and bring right hand at forehead level with palm facing down
- 3-4 Touch left toe forward bring hands up and frame face with palms facing inward and fingers pointed up, step down forward on left bring right hand under chin palm facing down and bring left hand at forehead level with palm facing down
- 5-8 Lower hands while stepping forward on right, hold, roll hips for 2 counts into a ½ turn left (weight ends on left)

REPEAT
