

拍数: 40 墙数: 4 级数: Intermediate west coast swing

编舞者: Max Perry (USA) 音乐: Texas - Chris Rea



SUGAR PUSH WITH ANCHOR STEP (1C)

1-2	Step	forward	riaht.	left

Step right in back of left (3rd position), step left in place, step right back (anchor step)

Step left in back of right (3rd position), step right in place, step left in place (anchor step)

EXTENDED RIGHT TURN (6C)

1-2&	Step right forward, step left forward, turn ½ right keeping weight on left
3&4	Step right back, step left next to right, step right forward (right coaster step)

5-6 Step left forward, turn ½ right and step right in place

7-8 Step left forward, turn ½ right and step right in place, turn ½ right

9-10 Step left back, step right back

11&12 Step left in back of right (3rd position), step right in place, step left in place (anchor step)

ENGLISH CROSS (5B)

1-2 Step right forward, step left forward

&3-4 Turn ¼ left and step right to right side, cross step left over right, turn ¼ right & step right

forward

Left shuffle in place turning ½ right (left, right, left)

THOMPSON'S TURN (10)

1-2	Step right forward & turn $rac{1}{4}$ right, step left back
3&4	Kick right forward, step right next to left, step left forward with toe turned out (kick ball step)
5&6	Turn ½ left & step right back, turn ½ left & step left forward, turn ½ left & step right back
7&8	Step left in back of right (3rd position), step right in place, step left in place (anchor step)

JAZZ TOUCHES (VARIATION OF STEP 7C)

1-2	Step right forwar	d, step left forward

3&4 Kick right forward, step right back with ball of foot, cross left over right (lock)

&5 Step right back, touch left to left side

Step left next to right, touch right to right side
Step right next to left, touch left to left side
Step left next to right, touch right to right side

REPEAT

If you learn the LineDanceSport school figures for levels 1 and 2, then the entire step description for this dance would look like this:

SUGAR PUSH WITH ANCHOR STEP (1C)

EXTENDED RIGHT TURN (6C)

ENGLISH CROSS (5B)

THOMPSON'S TURN (10)

JAZZ TOUCHES (VARIATION OF 7C)

The last pattern (variation of 7C) would have to be written out. Other than the last pattern, this is all you would need to have written on the page. For more info see www.LineDanceSport.com