That Old Swing



拍数: 32 编数: 2 级数: Intermediate

编舞者: Bill Bader (CAN)

音乐: The Swing - James Bonamy



STEP FORWARD TO SWAY HIPS 4 COUNTS, SHUFFLE FORWARD, BRUSH-HOOK-BRUSH

1-2	With a left step forward	sway hips forward to I	eft, then back to right

3-4 Sway hips again: forward to left, then back to right

5&6 Shuffle forward left-right-left (forward, slide together, step forward)

7 Brush right toe forward

& Hook right heel up across left shin, brushing right toe on the way back

8 Brush right toe forward

FORWARD, TOUCH, TURN-STEP-TURN, SYNCOPATED VINE RIGHT, CROSS, TOUCH

9 Step right forward

Touch left toe behind right heelStep left back turned ½ left

& Step right forward

12 Turn ½ shifting weight onto left

13-14& Vine right: sidestep right, cross-step left behind, sidestep right

15 Cross-step left over right16 Touch right toe to right side

SAILOR STEPS BACK: RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT; SYNC'D VINE RIGHT, BRUSH-HOOK-BRUSH

17	Cross-step right behind left with right toe	and hady analad right

& Step left back to left side of right

18 Step right beside left but just slightly right

19 Cross-step left behind right with left toe and body angled left

& Step right back to right side of left

20 Step left beside right but just slightly left

21-22& Vine right: sidestep right, cross-step left behind, sidestep right

23 Brush left toe forward

& Hook left heel up across right shin, brushing left toe on the way back

24 Brush left toe forward

TRIPLE SIDE LEFT, ½ TURN, COASTER: BACK, TOGETHER, FORWARD

25&26 Sidestep left, step right beside left, sidestep left

& Turn ½ right (on ball of left)

27&28 Step right back, step left back beside right, step right forward

2 SYNCOPATED STROLLS: LEFT, BEHIND, SIDE; RIGHT, BEHIND, SIDE

Step left to left side slightly forward
Cross-step right behind left, sidestep left
Step right to right side slightly forward
Cross-step left behind right, sidestep right

REPEAT

At the end of wall 2, repeat those last four counts (29-32) twice before going back to count 1.

OPTION: You will hear a strong accent in the music on count 31 of walls 1 and 3. At these 2 points it's fun to do a "Safe" arm movement (arms out to sides), deleting 32&. Please consider this only after the pattern and the song are very familiar.

