

D&J Swing (P)

拍数: 56 墙数: 0 级数: Partner
编舞者: Doreen Francis
音乐: Too Much Drink (Not Enough Sleep) - The Fantastic Shakers



Position: Mirror Image. Start in Closed Swing position (Hands in Cup & pin hold)

BASIC SWING IN CLOSED FACING LOD

MAN

1&2 Triple step left, right, left (moving slightly forward LOD)
3&4 Triple step right, left, right (in place)
5-6 Rock step left, right

LADY ½ TURN RIGHT UNDER MANS LEFT ARM TO TWO HAND HOLD

MAN

1&2 Triple step (in place)
3&4 Triple step
5-6 Rock step

LADY

1&2-3&4 ½ turn right on triple step, triple step, ends facing man RLOD
5-6 Rock step

LADY FULL TURN RIGHT TO HAMMERLOCK

Man raises left hand and lowers right. Moving forward

1&2 Triple step
3&4 Triple step
5-6 Rock step (man forward, lady back)

Lady behind man to left open promenade man releases lady's left hand

TRIPLE STEP TRIPLE STEP WALK WALK

1&2 Triple step (moving slightly to right)
3&4 Triple step
5 Step back
6 Step back (now holding inside hands)

KICK KICK SWIVEL

1-2 Kick left forward replace
3-4 Kick right forward replace
5-6 Swivel heels left back to center

DO IT AGAIN

1-2 Kick left forward replace
3-4 Kick right forward replace
5-6 Swivel heels left back to center

MOVING FORWARD LOD. LEFT OPEN PROMENADE

1&2 Triple step forward
3&4 Triple step forward
5-6 Forward rock step

CHANGE SIDES TRIPLE STEP ROCK STEP TRIPLE STEP ROCK STEP

1&2 Triple step to left behind lady releasing lady's right hand
3-4 Take lady's left hand & rock step

5&6 Triple step to right behind lady release left hand take right
7-8 Rock step

LADY FULL TURN RIGHT IN FRONT OF MAN TO CLOSED SWING ON MANS RIGHT, FACE LOD

1&2 Triple step keep hold of lady's hand. (moving slightly to left)
3&4 Triple step bring lady to closed swing on right side
5-6 Rock step

REPEAT
