拍数： 96
壇数： 4
级数：Advanced
编舞者：Scott Blevins（USA）－August 2001
音乐：Swingin＇－Blu Cantrell ：（Album：So Blu）

[^0]［17－32］Are a mirror image of the first 16 counts．
［17－24］WALK RIGHT－LEFT，ROCK，RECOVER，ROCK，RECOVER，STEP，1／4 POINT，CROSS，1／4．1／2， FORWARD
1－2 1，2）Walk R，L forward on a diagonal toward 11：00
3\＆4\＆3）Rock R forward toward 11：00，\＆）Recover to L；4）Rock R side right：\＆）Recover to L
5－6 5）Step $R$ forward toward $11: 00 ; 6)$ Turn $1 / 4$ right to face $1: 00$ and point $L$ to left side
7\＆7）Cross $L$ in front of $R ;$ ）Turn $1 / 4$ turn left and step $R$ back（facing 11：00）
$8 \& \quad$ 8）Turn $1 / 2$ left and step $L$ forward（facing $5: 00$ ）；\＆）Step $R$ forward
［25－32］POINT FORWARD－BACK，3／8 CHASE TURN，3／4 ROLL，LUNGE，RECOVER
1－2 1）Point $L$ forward；2）Point $L$ back
$3 \& 4 \quad 3)$ Step $L$ forward toward $5: 00 ; \&$ ）Pivot $3 / 8$ right taking weight on $R$（squaring up to $9: 00$ ）；4） Step $L$ forward
5\＆6 5）Turn $1 / 4$ left stepping $R$ to right side；\＆）Turn $1 / 2$ left stepping $L$ to left side（facing 12：00）；6） Cross $R$ in front of $L$
7－8 7）Lunge $L$ to left side；8）Recover to $R$ touching $L$ beside $R$
［33－40］TAP，STEP，SIDE，COASTER，TAP，STEP WITH 1／2 TURN，BACK，ROCK \＆CROSS
\＆1－2 \＆）Tap ball of $L$ slightly forward；1）Step $L$ forward pushing $L$ hip to left；2）Step $R$ to right side pushing $R$ hip to right
3\＆4 Coaster Step；3）Step L back；\＆）Step R beside L；4）Step L forward
\＆5－6 \＆）Tap ball of $R$ beside $L$ and start turning $1 / 2$ left on $L$ ；5）Finish $1 / 2$ turn left stepping $R$ back （facing 6：00）；6）Step L back
7）Rock ball of $R$ to right side；\＆）Recover to $L$ ；8）Cross $R$ in front of $L$

| \&1-2 | \&) Brush ball of $L$ forward and start turning $1 / 2$ right on $R$; 1) Finish $1 / 2$ turn stepping $L$ besid (facing 12:00); 2) Step $R$ to right side |
| :---: | :---: |
| $3 \& 4$ | Sailor with $1 / 4$ left: 3) Step $L$ behind $R$; \&) Step $R$ to right side; 4) Turn $1 / 4$ left stepping $L$ forward (facing 9:00) |
| 5\&6\& | 5) Step $R$ forward; \&) Step $L$ forward; 6) Pivot $1 / 2$ right taking weight on $R$ (facing 3:00); \&) Step L forward |
| 7-8 | 7,8) Turn $1 / 2$ left on $L$ as you sweep $R$ around touching beside $L$ (now facing 9:00) |

[49-56] TAP, STEP, STEP, CHASE $1 / 2$ TURN, TAP, STEP, STEP, CHASE $3 / 4$ TOUCH

| \&1-2 | \&) Tap ball of $R$ forward; 1) Step $R$ forward (styling-let feet move first and body follow); 2) <br> Step $L$ forward |
| :--- | :--- |
| $3 \& 4$ | 3) Step $R$ forward; \&) Pivot $1 / 2$ left taking weight on $L$ (facing 3:00); 4) Step $R$ forward |
| \&5-6 | \&) Tap ball of $L$ forward; 5) Step $L$ forward (styling-let feet move first and body follow); 6) <br> Step R forward |
| $7 \& 8$ | 7) Step L forward; \&) Pivot $3 / 4$ right taking weight on $R$ (facing 12:00); 8) Touch L beside $R$ |

[57-64] TAP, PRESS, RECOVER-TOUCH, BUMPS L-R-L-R, KICK, OUT, OUT, CENTER, KICK, CROSS, ROCK, RECOVER
\&1-2 \&) Tap ball of $L$ slightly to left side; 1) Press on ball of $L$ to left side (about shoulder width apart); 2) Recover to $R$ touching $L$ beside $R$
3\&4\& 3\&4\&) Keeping L toe touched beside R, Do small hip bumps L-R-L-R
5\&6\& 5) Kick $L$ forward; \&) Step $L$ to left side; 6) Step $R$ to right side (feet are now shoulder width apart); \&) Step L to center
7\&8\& 7) Kick R forward; \&) Cross R in front of L; 8) Rock L back and look over left shoulder; \&) Recover to $R$ looking forward
[65-72] STEP, PIVOT 1/2, $1 / 2$ TURN BUMP, SIT, "C" BUMPS MAKING $1 / 4$ TURN LEFT, SIT
1-2 1) Step $L$ forward; 2) Pivot $1 / 2$ right taking weight on $R$ (facing 6:00)
$3 \& 4 \quad$ C-Bump $1 / 2$ turn: 3) Turn $1 / 2$ right while rising up on ball of right foot and lifting $L$ hip; \&) Step $L$ to left side pushing hips right; 4) Sit with weight on $L$ (angle body to 1:00 and feet should be shoulder width apart)
Over the next four counts (5-8) you will be making a gradual $1 / 4$ turn left doing continuous $C$ bumps.
5\&6\& 5) Bump hips right and up: \&) Bump hips left and center; 6) Bump hips right and down; \&) Bump hips left and center
7\&8 7) Bump hips right and up; \&) Bump hips left and center; 8) Sit with weight back and over R (facing 9:00)
[73-80] TOGETHER, PIMP WALK, PIVOT 1/2, LEFT TRIPLE FULL TURN, TAP, PRESS
\&1-2 \&) Step L beside R; 1) Step R forward; 2) Step L forward while twisting body from waist up to left and bending knees (your left foot will have stepped forward but your left toe and torso will be facing toward $7: 00$ )
3-4 3) Step $R$ forward as you stand up and face 9:00 again; 4) Step $L$ forward while twisting body from waist up to left and bending knees (your left foot will have stepped forward but your left toe and torso will be facing toward 7:00)
5
5) Pivot $1 / 2$ right taking weight on $R$ (facing $3: 00$ )

6\&7 6) Turn $1 / 2$ right stepping back $L ; \&$ ) Turn $1 / 2$ right stepping $R$ forward; 7) Step $L$ forward (facing 3:00)
\&8
\&) Tap ball of $R$ a small step forward; 8) Press $R$ forward

## [81-88] TWISTING $1 / 2$ TURN, ROCK, RECOVER, KICK, BEHIND, TOGETHER, STEP, PIVOT 1/2, STEP, 1/2 TURN SIT

1\&2
1\&2) On balls of both feet, twist heels right, left, right gradually turning $1 / 2$ to left and taking weight on $R$ (facing 9:00)
$3 \& 43$ ) Rock $L$ to left side; \&) Recover to R; 4) Kick $L$ forward
5\&6 $5 \quad$ ) Step L behind R; \&) Step R beside L; 6) Step L forward and torque body to left
\& 7 \& $\quad$ Pivot $1 / 2$ to right taking weight on $R$ (facing 3:00); 7) Step $L$ forward;
[89-96] TAP, TAP, STEP, TAP, TAP, STEP, STEP, PIVOT 1/2, ROCK, RECOVER, SIDE
$1 \& 2$ 1) Touch $R$ forward and at a diagonal toward 11:00; \&) Touch $R$ beside L; 2) Step $R$ forward toward11:00 while still facing 9:00
3\&4 3) Touch $L$ forward and at a diagonal toward 7:00; \&) Touch $L$ beside R; 4) Step $L$ forward toward 7:00; while still facing 9:00
5-6 5) Step R forward; 6) Pivot $1 / 2$ left taking weight on $L$ (facing 3:00)
7\&8 7) Rock R forward; \&) Recover to L; 8) Step R to right side (facing 3:00)

Tag: This is done after you complete the first rotation. (you will be facing the original 3:00 wall)
1-2

1) Step $L$ forward; 2) Pivot $1 / 2$ right taking weight on $R$

3-4
3) Step $L$ forward; 4) Pivot $1 / 2$ right taking weight on $R$ and touching $L$ beside $R$ (facing 3:00)

For styling you can put hands out to sides with palms facing forward and rotate hands from the wrist on count 4 when they sing, "Swingin!" - AKA Jazz Hands

Ending: The dance will end with the heel twist section (counts 81-84). You will be facing the original 9 O'clock wall. Rather than kick on count 4 , try turning $1 / 4$ right to face the original 12 O'clock wall and point $L$ to left side and do the Jazz Hands from the Tag section when they sing, "Swingin!"

Sequence:

- Rotation 1 - full dance (96 counts - start facing 12 o'clock)
- Tag (4 counts - happens when you are facing 3 o'clock)
- Rotation 2 - full dance ( 96 counts - start facing 3 o'clock)
- Rotation 3 - full dance (96 counts - start facing 6 o'clock)
- Rotation 4 - counts 65-96 (32 counts - start facing 9 o'clock)
- Rotation 5 - counts 65-84 (20 counts - start facing 12 o'clock)

Really...it's not as bad as it looks! Have fun!
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[^0]:    ＊＊In memory of a dear friend Brucie McLeod＊＊
    32 count intro to start with the lyric＂Hangin＇in the VIP＂
    ［1－8］WALK LEFT－RIGHT，ROCK，RECOVER，ROCK，RECOVER，STEP， $1 / 4$ POINT，CROSS，1／4．1／2， FORWARD
    1－2 1，2）Walk $L, R$ forward on a diagonal toward 1：00
    3\＆4\＆3）Rock L forward toward 1：00，\＆）Recover to R；4）Rock L side left：\＆）Recover to R
    5－6 5）Step $L$ forward toward 1：00；6）Turn $1 / 4$ left to face 11：00 and point $R$ to right side
    7\＆7）Cross R in front of L ；\＆）Turn $1 / 4$ turn right and step L back（facing 1：00）
    8\＆8）Turn $1 / 2$ right and step $R$ forward（facing 7：00）；\＆）Step $L$ forward

    ## ［9－16］POINT FORWARD－BACK，3／8 CHASE TURN，3／4 ROLL，LUNGE，RECOVER

    1－2 1）Point $R$ forward；2）Point $R$ back
    $3 \& 43$ 3）Step $R$ forward toward 7：00；\＆）Pivot $3 / 8$ left taking weight on $L$（squaring up to 3：00）；4） Step R forward
    5\＆6 5）Turn $1 / 4$ right stepping $L$ to left side；\＆）Turn $1 / 2$ right stepping $R$ to right side（facing 12：00）；
    6）Cross $L$ in front of $R$
    7－8 7）Lunge $R$ to right side；8）Recover to $L$ touching $R$ beside $L$

