

Swing 2 Nite

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Sadiah Heggernes (NOR/UK) & Mad Matty (NL) - January 2008
音乐: Goin Swingin Tonight - Foster Martin Band : (CD: Moonshine N' Moonlight)



MUSIC SUGGESTION: For a slower teach "ALL SHOOK UP" by Elvis Presley from any Greatest Hits CD (140 bpm)

Section 1: Knee Pop, Kick, Jazz Box, Cross, Kicks x 2

- 1-2 Pop, right knee in , kick right diagonally
- 3-4 Cross right over left, step back on left,
- 5-6 Step right to right side, cross left over right
- 7-8 Kick right diagonally twice (12:00)

Section 2: Step Back ,Hold x 2, Run back with Shimmy

- 1-2 Step back on right, hold,
 - 3-4 Step back on left, hold
- Styling option: Bend knees on hold**
- 5-6 Run back right, left with shimmy
 - 7-8 Run back right, left with shimmy (12:00)

Section 3: Jazz Kick Forward, Jazz Kick ¼ Turn, Coaster Step, Hold

- 1-2 Kick diagonally right, step right in place
- 3-4 ¼ turn left, kick diagonally left, step left in place

Styling option: Shake palms whilst dancing steps 1-4

- 5-6 Step back on right, step left beside right,
- 7-8 Step forward on right, hold (9:00)

Section 4: Twist, Point x 2, Behind, Side Cross, Diagonal Jump, Clap

- 1-2 Twist left knee beside right, point left to left side
- 3-4 Twist left knee beside right, point left to left side
- 5-6 Cross left behind right, step right to right side
- 7-8 Cross left over right, angling body to right diagonal jump forward on both feet, clap (9:00)

Begin again.
