

Switching Gears

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4
編舞者: Silvia Schill (DE) - April 2019
音樂: Switching Gears - Wulf

級數: Low Intermediate



The dance begins with the vocals

Source: Get In Line

Cross, Point, Cross, Sweep Forward, Cross Rock, Shuffle Back Turning ½ R

- 1-2 Cross RF over LF, tap left toe to left
- 3-4 Cross LF over RF, sweep RF forward in a circle
- 5-6 Cross RF over LF, weight back on LF
- 7&8 ¼ turn right and step with RF to right, LF beside RF, ¼ turn right and step forward with RF (6 o'clock)

½ Turn R, Sweep Back, Behind, Side, Step, Rocking Chair

- 1-2 ½ turn right and step back with LF, sweep your RF backward in a circle (12 o'clock)
- 3&4 RF cross behind LF, step to the left with LF, small step forward with RF
- 5-6 Step forward with LF, lift RF slightly up, weight back on RF
- 7-8 Step back with LF, lift RF slightly up, weight back on RF

Tag/Restart: in the 5th round - direction 12 o'clock – stop after '5-6', replace '7-8' with '7&8':

'Step back with LF, RF beside LF and small step forward with LF and start over again

Step, Hitch, Back, Drag Back, Coaster Step, Step, (½ Turn L) Pivot ½ L

- 1-2 Step forward with left (bend left knee slightly) - Raise right knee / stretch left leg, raise heel (raise arms sideways with palms up)
- 3-4 Step back with RF (arms pulled down to body again) - Pull left toe to RF
- 5&6 Sliding step backwards with LF, RF beside LF and small step forward with LF
- 7-8 Step forward with RF, ½ turn left on both heels, weight back on LF (6 o'clock)

½ Turn L, ½ Turn L, Rock Across, Side, Rock Across, ¼ Turn L, Sailor Step

- 1-2 ½ turn left and step back with RF, ½ turn left and step forward with LF (6 o'clock)
- 3-4 Cross RF over LF, weight back on LF
- &5-6 Step with RF to right, cross LF over RF, weight back on RF
- 7&8 ¼ turn left and cross LF behind RF, step with RF to right and weight back on LF (3 o'clock)

Repeat to the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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