

Sway

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Rhonda Johnson (CAN) - November 2024
音樂: Sway - Michael Bublé



Section 1: Slow Side Mambo x 2

1,2,3,4 Step R to side, Recover on L, Step R together with L, Hold
5,6,7,8 Step L to side, Recover on R, Step L together with R, Hold

Section 2: Reverse Prissy Walk with Sweeps x 4

1,2 Extend R leg and sweep back/step behind L, Hold
3,4 Extend L leg and sweep back/step behind R, Hold
5,6,7,8 Repeat counts 1,2,3,4

Section 3: ½ Rumba Box x 2

1,2,3,4 Step R to side, Step L together with R, Step R forward, Hold
5,6,7,8 Step L to side, Step R together with L, Step L forward, Hold

Section 4: ¼ Pivot Turn x 2 with Hip Roll

1,2 Step forward on R, Hold
3,4 Roll hips forward and to left while taking weight onto L and turning 1/8 to left, Hold
5,6,7,8 Repeat counts 1,2,3,4

Section 4 Easy alternative:

1,2 Sway to right, Hold
3,4 Sway to left while making a 1/8 turn and shifting weight onto L, Hold
5,6,7,8 Repeat counts 1,2,3,4

Tag: 4 counts at the end of wall 8 facing 12:00; hold or Sway 2 counts to right then 2 counts to left while the music comes to a complete stop.

Originally choreographed in May 2023. Revised 27 November 2024 to add easy alternative. Thank you to my guinea pigs at the Havelock Seniors Club!

Enjoy & feel free to modify in any way that suits your needs!

Last Update – 27 Nov. 2024 – R1