P. D. Swing (P)



拍數: 48 牆數: 0 級數: Partner

編舞者: Jeff Mills (UK) & Thelma Mills (UK) 音樂: Love You Too Much - Brady Seals



Position: Open Double Hand Hold. Man Face OLOD. Lady Face ILOD. Opposite footwork throughout

MAN'S STEPS

CHASSE, ROCK STEP, CHASSE, ROCK STEP 1/4 TURN

1&2 Left chasse - left, right, left

3-4 Rock right behind left, recover onto left

5&6 Right chasse - right, left, right

7 Rock left behind right ¼ turn left into LOD

8 Recover forward onto right

On counts 3-4: rock step, release man's right and lady's left hand and open out into RLOD, return to face each other and rejoin hands next chasse. On counts 7-8: rock step, release man's left and lady's right into right open promenade facing LOD

WALK FORWARD TWICE, SHUFFLE, STEP TO SIDE, STEP BEHIND, 1/4 TRIPLE TURN

9-10 Walk forward left, right

11&12 Left shuffle forward - left, right, left

13-14 Step right to right side, step left behind right 15&16 1/4 triple turn left - right, left, right, to face ILOD

On count 13-14: raise man's right/lady's left arms over lady's head, man passes behind lady and change sides, on counts 15&16: on completion of triple turn face each other, man facing ILOD, lady facing OLOD, with man's right shoulder opposite lady's right shoulder

STEP FORWARD, KICK, TRIPLE STEP, ROCK STEP, ½ TRIPLE TURN

17-18 Step forward left, kick right leg forward 19&20 Right triple step in place - right, left, right 21-22 Rock back on left, recover onto right

23&24 ½ triple turn right - left, right, left, to face OLOD

On count 17: man to pick up lady's right hand with his right hand, on count 18: clap your neighbor's hand, left hand to left hand, on counts 23&24: raise right arms, lady to turn under arms as man travels behind lady, you have now changed sides, man facing OLOD, lady facing ILOD, with man's right shoulder opposite lady's right shoulder

STEP FORWARD, KICK, TRIPLE STEP, ROCK STEP, 1/4 TRIPLE TURN

25-26 Step forward right, kick left leg forward
27&28 Left triple step in place - left, right, left
29-30 Rock back on right, recover onto left
31&32 ¼ triple turn left - right, left, right, into LOD

On count 26: clap your neighbor's hand, left hand to left hand. On counts: 31&32: raise right arms over lady's into side by side position facing LOD

WALK, WALK, SHUFFLE TWICE

33-34 Walk forward left, right

35&36 Left shuffle forward - left, right, left

37-38 Walk forward right, left

39&40 Right shuffle forward - right, left, right

On counts 35&36: raise right arms over heads, maintain hand contact left to left, right palm to right palm, on counts 39&40: release left hands and return into side by side position facing LOD

ROCK STEP. COASTER STEP. ROCK STEP. 1/4 TRIPLE TURN

41-42 Rock forward on left, recover onto right

43&44 Left coaster step - left, right, left

45-46 Rock forward on right, recover onto left

47-48 1/4 triple turn right - right, left, right, to face OLOD

On counts 47 & 48: raise right arms over lady's head and change hands and go into start position, open double hand hold, man facing OLOD, lady facing ILOD

LADY'S STEPS

1&2 Right chasse - right, left, right

3-4 Rock left behind right, recover onto right

5&6 Left chasse - left, right, left

7 Rock right behind left ¼ turn right into LOD

8 Recover forward onto left

On counts 3-4: rock step, release man's right and lady's left hand and open out into RLOD, return to face each other and rejoin hands next chasse. On counts 7-8: rock step, release man's left and lady's right into right open promenade facing LOD

WALK FORWARD TWICE, SHUFFLE, STEP TO SIDE, STEP BEHIND, 1/4 TRIPLE TURN

9-10 Walk forward right, left

11&12 Right shuffle forward - right, left, right
13-14 Step left to left side, step right behind left
15&16 1/4 triple turn right - left, right, left, to face OLOD

On count 13-14: raise man's right/lady's left arms over lady's head, man passes behind lady and change sides, on counts 15&16: on completion of triple turn face each other, man facing ILOD, lady facing OLOD, with man's right shoulder opposite lady's right shoulder

STEP FORWARD, KICK, TRIPLE STEP, ROCK STEP, ½ TRIPLE TURN

17-18 Step forward right, kick left leg forward 19&20 Left triple step in place - left, right, left 21-22 Rock back on right, recover onto left

23&24 ½ triple turn left - right, left, right, to face ILOD

On count 17: man to pick up lady's right hand with his right hand, on count 18: clap your neighbor's hand, left hand to left hand, on counts 23&24: raise right arms, lady to turn under arms as man travels behind lady, you have now changed sides, man facing OLOD, lady facing ILOD, with man's right shoulder opposite lady's right shoulder

STEP FORWARD, KICK, TRIPLE STEP, ROCK STEP, 1/4 TRIPLE TURN

25-26 Step forward left, kick right leg forward
27&28 Right triple step in place - right, left, right
29-30 Rock back on left, recover onto right
31&32 ¼ triple turn right - left, right, left, into LOD

On count 26: clap your neighbor's hand, left hand to left hand. On counts: 31&32: raise right arms over lady's into side by side position facing LOD

WALK, WALK, 1/2 TRIPLE TURN TWICE

33-34 Walk forward right, left

35&36 ½ triple turn left - right, left, right, into RLOD

37-38 Walk backward left, right

39&40 ½ triple turn left - right, left, right, into LOD

On counts 35&36: raise right arms over heads, maintain hand contact left to left, right palm to right palm, on counts 39&40: release left hands and return into side by side position facing LOD

ROCK STEP, COASTER STEP, ROCK STEP, 1/4 TRIPLE TURN

41-42 Rock forward on right, recover onto left 43&44 Right coaster step - right, left, right 45-46 Rock forward on left, recover onto right

47-48 ¼ triple turn left - left, right, left, to face ILOD

On counts 47 & 48: raise right arms over lady's head and change hands and go into start position, open double hand hold, man facing OLOD, lady facing ILOD

REPEAT