

Swaying Free

拍數: 48 牆數: 2 級數: Improver
編舞者: Maria Blackwell (USA)
音樂: Take a Chance On Me - Erasure



WEAVE, LINDY RIGHT, ROCK STEP

- 1-4 Step to right, step left behind right, step to right, step left across in front
- 5&6 Step to right, step left next to right, step to right (side shuffle right-left-right)
- 7-8 Rock back on left, recover on right

FOUR ¼ PUSH TURN SWAYS

- 1-2 Step to left on ball of left, push ¼ turn (towards right) and swaying hip to left by the end of the turn (you should end facing 12:00)
- 3-4 Step to left on ball of left, push ¼ turn (towards right) and swaying hip to left by the end of the turn (you should end facing 3:00)
- 5-6 Step to left on ball of left, push ¼ turn (towards right) and swaying hip to left by the end of the turn (you should end facing 6:00)
- 7-8 Step to left on ball of left, push ¼ turn (towards right) and swaying hip to left by the end of the turn (you should end facing 9:00)

¼ TURN, WEAVE, LINDY LEFT, ROCK STEP

- 1-4 Making ¼ turn to face front wall step on left, step right behind left, step to left, step right across in front
- 5&6 Step to left, step right next to left, step to left (side shuffle left-right-left)
- 7-8 Rock back on right, recover on left

FOUR ¼ PUSH TURN SWAYS

- 1-2 Step to right on ball of right, push ¼ turn (towards left) and swaying hip to right by the end of the turn (you should end facing 12:00)
- 3-4 Step to right on ball of right, push ¼ turn (towards left) and swaying hip to right by the end of the turn (you should end facing 9:00)
- 5-6 Step to right on ball of right, push ¼ turn (towards left) and swaying hip to right by the end of the turn (you should end facing 6:00)
- 7-8 Step to right on ball of right, push ¼ turn (towards left) and swaying hip to right by the end of the turn (you should end facing 3:00)

¼ TURN ROCK STEP, SHUFFLE BACK, SHUFFLE BACK, ROCK STEP

- 1-2 Turning ¼ (to face 12:00) rock forward on right, recover on left
- 3&4 Shuffle back right-left-right
- 5&6 Shuffle back left-right-left
- 7-8 Rock back on right, recover on left

LINDY RIGHT, ROCK STEP, SHUFFLE FORWARD, PIVOT ½

- 1&2 Step to right, step left next to right, step to right (side shuffle right-left-right)
- 3-4 Rock back on left, recover on right
- 5&6 Shuffle forward left-right-left
- 7-8 Step forward on right, pivot ½ turn left

REPEAT