Swing In Time (P)



拍數: 48 牆數: 0 級數: Partner

編舞者: Linda Chester (UK) & Colin Chester (UK)

音樂: Even If I Tried - Emilio



Position: Start facing each other. Man facing OLOD. Man's steps shown, Start on left

MAN'S STEPS

1&2 Left shuffle to side left, right, left3&4 Right shuffle to side (right, left, right)

5 Step & rock back on left, swinging open to face LOD

Drop lady's right hand

6 Rock forward on right turning to face partner again

Rejoin right drop lady's left

7&8 Left shuffle forward (raise your left & lady's right arm)

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9&10	Right shuffle forward making a ½ turn left with the steps to change places

11-12 Step and rock back on left, rock forward on right

13&14 Left shuffle forward

15&16 Right shuffle forward (join into Semi Western hold)

17-18 Stomp left in place, stomp right in place 19-20 Bump right hips together with partner twice

21&22 Left shuffle turning 1/4 turn right

Drop lady's left hand raise right face LOD

23&24 Right shuffle forward into Closed Western hold

25-26	Step & rock forward on left, rock back on right foot
27-28	Step and rock back on left, rock forward on right
29&30	Left shuffle forward, swinging upper body to right
31&32	Right shuffle forward, swinging upper body to left

33&34 Left shuffle forward

Drop lady's left hand raise right

35&36 Right shuffle forward

Man now holding lady's left hand in his right & lady's right hand in his left 37-38 Step forward on left swinging upper body to right, pause

39-40 Step forward on right swinging upper body to left, pause

41-42 Step & rock back on left, rock forward on right, raise lady's right arm

Left shuffle turning a ¼ turn right with the steps (face OLOD drop lady's left hand)

45&46 Right shuffle in place

47-48 Step and rock back on left, rock forward on right

Rejoin hands back in starting position

REPEAT

LADY'S STEPS

1&2 Left shuffle to side left, right, left3&4 Right shuffle to side (right, left, right)

5 Step & rock back on left, swinging open to face LOD

Drop lady's right hand

6 Rejoin right dro 7&8	Rock forward on right turning to face partner again pp lady's left Left shuffle forward (raise your left & lady's right arm)	
700	Left shame forward (raise your left a rady 3 right arm)	
9&10	Left shuffle turning ½ turn right under the raised arm	
11-12	Step and rock back on right, rock forward on left	
13&14	Left shuffle forward	
15&16	Right shuffle forward (join into Semi Western hold)	
17-18	Stomp left in place, stomp right in place	
19-20	Bump right hips together with partner twice	
21&22	Right shuffle starting 1 ¼ turn to the right	
Turn under the raised arm		
23&24	Left shuffle completing the 1 ¼ turn	
Face partner in Closed Western hold		
25-26	Step & rock back on right, rock forward on left	
27-28	Step and rock forward on right, rock back on left	
29&30	Right shuffle back, swinging upper body to right	
31&32	Left shuffle back, swinging upper body to left	
33&34	Right shuffle back turning a ½ turn right with the steps (turn under the raised arm)	
35&36	Left shuffle back turning a ½ turn right with the steps (turn under the raised arm)	
Man now holding lady's left hand in his right & lady's right hand in his left		
37-38	Step back on right foot swinging upper body to right, pause	
39-40	Step back on left foot swinging upper body to left, pause (keep hold of hands)	
41-42	Step & rock back on right, rock forward on left	
Raise lady's right arm		
43&44	Right shuffle starting a ¾ turn left (turning under the raised arm & in front of man)	
45&46	Left shuffle completing the turn	
47-48	Step and rock back on right, rock forward on left	
Rejoin hands back in starting position		

REPEAT

SEMI WESTERN POSITION

Right shoulder to right shoulder, man's right arm around back of lady's waist lady's left hand resting on man's right arm. Right and left hands are held at shoulder level