

Swingin' Boogie

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Rick House (USA)
音樂: Countin' Stars Off The Water - Bart Roy



SYNCOPATED CHA-CHA STEP AND ROCK STEP

The footwork for Counts 1-4 in this dance is the same as the man's basic triple step in the East Coast Swing Counts 3-6; Counts 5-8 are merely a reversal (also the same as the lady's swing Counts 3-6).

- 1-2 Right foot step right, left foot step to close to right foot, and right foot step to the right
- 3 Left foot step behind right and weight rocks backward
- 4 Weight rocks forward

- 5-6 Left foot step to the left, right foot step to close to left foot, and left foot step to the left
- 7 Right foot step behind left foot and weight rocks backward
- 8 Weight rocks forward

STOMPS, SWIVELS, SPLITS

- 9 Right foot stomp forward
- 10 Left foot stomp to close to right foot
- 11 Toes pivot 1/8 turn to the left
- 12 Heels bounce up and down
- 13 Toes pivot 1/8 turn to the right
- 14 Heels bounce up and down
- 15 Toes pivot, heels swing apart
- 16 Toes pivot, heels swing together

SYNCOPATION IN STEPS AND SCUFFS, AND PARTIAL VINE TO THE LEFT

- 17 Right foot step diagonally forward and to the left
- 18-19 Left foot scuff beside right foot, left knee lifts until thigh is parallel to the floor, and left foot step forward in front of right foot
- 20-21 Right foot scuff beside left foot, right knee lifts until thigh is parallel to the floor, and right foot step forward in front of left foot
- 22 Left foot step to the left
- 23 Right foot step behind left leg to the left
- 24 Left foot step to the left

2 SETS-STEP AND PIVOT ½ TURN TO THE LEFT, JUMPING JACK, AND PIVOT ½ TURN TO THE LEFT

- 25 Right foot step forward
- 26 Toes pivot ½ turn to the left
- 27 Right foot step forward
- 28 Toes pivot ½ turn to the left
- 29 Right foot stomp to close to left foot
- 30 Jump up, spreading feet shoulder width apart
- 31 Jump up, crossing right foot in front of left leg to the left
- 32 Toes pivot ½ turn to the left

REPEAT