Swingin' Thing



拍數: 32 牆數: 1 級數: Beginner 編舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA)

音樂: Honey Hush - Scooter Lee



WALK FORWARD RIGHT, LEFT, RIGHT, KICK, WALK BACK RIGHT, LEFT, RIGHT, TOUCH

1-2 Step forward with right, step forward with left3-4 Step forward with right, kick left forward

On count 4, for better balance, touch the left beside right instead of kicking forward

5-6 Step back with left, step back right

7-8 Step back with left, touch right beside left

WALK FORWARD RIGHT, LEFT, RIGHT, KICK, WALK BACK RIGHT, LEFT, RIGHT, TOUCH

1-2 Step forward with right, step forward with left3-4 Step forward with right, kick left forward

On count 4, for better balance, touch the left beside right instead of kicking forward

5-6 Step back with left, step back right

7-8 Step back with left, touch right beside left

SIDE RIGHT, HOLD, TOGETHER, HOLD, SIDE RIGHT, HOLD TOGETHER, HOLD

1-2 Step right to right side, hold
3-4 Step left beside right, hold
5-6 Step right to right side, hold

7-8 Touch left beside right, no weight, hold

For fun, on the above 8 counts you can shimmy, wiggle, or shake something!

SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOGETHER, CLAP, CLAP

1-2 Step left to left side, step right together3-4 Step left to left side, step right together

5-6 Step left to left side, touch right beside left, no weight

7-8 Clap, clap

REPEAT