

拍數: 0 牆數: 4 級數: Intermediate west coast swing

編舞者: Kathy Gurdjian (USA)

音樂: Built For Blue Jeans - Tyler Dean



Sequence: A-B-A-B-A-A-B-A-Tag-B's to the end

#### PART A

WALK FORWARD RIGHT, WALK FORWARD LEFT, ANCHOR STEP, ¼ TURN LEFT TOE, HEEL, ½ TURN LEFT TOE. HEEL

1-2 Step forward right, step forward left (12:00)

3&4 Step right in back of left (3rd position), step left in place, step right back (anchor step)

5-6 Turn ¼ left touch left toe to left side, drop left heel

7-8 Turn ½ left touch right toe to right side, drop right heel (3:00)

# 1/2 TURN LEFT SAILOR CROSS, 1/2 TURN RIGHT TRIPLE CROSS, HITCH LEFT KNEE, POINT LEFT TOE, ROLL HIPS TO SIT

1&2 Sweep left around and step behind right, turn ½ left on ball of left stepping right to right side,

cross step left over right

Turn ¼ right step forward right, turn ¼ right step left to left side, cross step right over left

5-6 Hitch left knee up and across right knee, point left toe to left side

7&8 Roll hips back into a sitting position (ending with weight over left) (3:00)

Option:

7&8 Bump hips left, right, left (ending with weight over left)

# 1/4 TURN RIGHT WALK RIGHT, WALK LEFT, POINT RIGHT & CROSS, RONDE STEP, & POP RIGHT KNEE, WALK RIGHT, WALK LEFT

1-2 Turn ½ right step forward right, step forward left (6:00)

Point right toe forward on right angle, step back on right, cross step left over right

5&6 Sweep right foot from back to front over left, step down right over left, step back on left as

you pop right knee up

7-8 Step forward right, step forward left (6:00)

# 1/4 TURN LEFT STEP RIGHT TO RIGHT SIDE, CROSS STEP LEFT OVER RIGHT, 1/4 TURN RIGHT STEP FORWARD ON RIGHT, LEFT SHUFFLE IN PLACE 1/2 RIGHT, ANCHOR STEPS MOVING BACK 2X

&1-2 Turn ¼ left and step right to right side, cross step left over right, turn ¼ right and step forward

right

3&4 Left shuffle in place turning ½ right (left, right, left)

Step right in back of left, step left in place, step right back (anchor step)

7&8 Step left in back of right, step right in place, step left in place (anchor step) (12:00)

For styling shake hips on anchor steps

For the 4th A, you will be facing 6:00

#### **PART B**

You will be moving towards the corners

TURN 1/8 RIGHT, STEP FORWARD RIGHT, STEP FORWARD LEFT, TOUCH RIGHT TOE FORWARD, POP SHOULDERS, RIGHT LOCK BACK, ½ TURN LEFT SHUFFLE

1-2-3 Turn 1/8 right, step forward right, step forward left, touch right toe forward (1:30)

&4 Pop shoulders forward and back (weight stays on left)

5&6 Step right foot back, cross step left over right, step right back

7&8 Left shuffle in place turning ½ left, left, right, left, to the opposite corner (7:30)

1/2 TURN LEFT HIP ROLLS, RIGHT ROCK FORWARD, RECOVER, RIGHT ROCK BACK, RECOVER

1-2	Step forward on right turn 1/4 left as you roll hips to the left (weight to left)
3-4	Step forward on right turn 1/4 left as you roll hips to the left (weight to left) (1:30)
5-6	Rock forward on right, recover on left
7-8	Rock back on right, recover forward on left

# STEP FORWARD RIGHT, STEP FORWARD LEFT, TOUCH RIGHT TOE FORWARD, POP SHOULDERS, RIGHT LOCK BACK, ½ TURN LEFT SHUFFLE

1-2-3	Step forward right, step forward left, touch right toe fo	rward (1:30)

&4 Pop shoulders forward and back (weight stays on left)

5&6 Step right foot back, cross step left over right, step right back

7&8 Left shuffle in place turning ½ left, left, right, left, to the opposite corner (7:30)

# 1/2 TURN LEFT HIP ROLLS, RIGHT ROCK FORWARD, RECOVER, RIGHT ROCK BACK TURNING 1/8 TURN RIGHT, RECOVER ON LEFT SQUARING OFF TO NEW WALL

1-2	Step forward on right turn ¼ left as you roll hips to the left (weight to left)
3-4	Step forward on right turn 1/4 left as you roll hips to the left (weight to left) (1:30)
5.6	Pook forward on right, recover on left

5-6 Rock forward on right, recover on left

7-8 Rock back on right as you turn 1/8 turn right, recover forward on left (3:00)

#### **TAG**

### Done after 5th A. You will be facing 9:00

**MAMBO STEPS & HIPS** 

#### ROCK RIGHT BACK, RECOVER, TRIPLE IN PLACE, ROCK LEFT SIDE, RECOVER, TRIPLE IN PLACE

1-2 Rock right back, recover center on left (9:00)

3&4 Triple step in place, right, left, right

5-6 Rock left to left side, recover center on right

7&8 Triple step in place, left, right, left

#### ROCK RIGHT SIDE, RECOVER, TRIPLE IN PLACE, ROCK LEFT BACK, HIP BUMPS

1-2 Rock right to right side, recover center on left

3&4 Triple in place, right, left, right

5-6 Rock left to left side, as you bump hips left, right 7&8 Bump hips left, right, left (weight stays on left)

After the tag you will only do Part B to the corners