# Glarnerland

拍數: 32

級數: Improver east coast swing

編舞者: Roland (Gutz) Gutzwiller (CH)

音樂: Glarnerland - Rämlers

## SHUFFLE RIGHT, ROCK STEP, SHUFFLE LEFT, ROCK STEP

- Right to right, left next to right, right to right, rock back on left, recover on right 1&2-3-4
- 5&6-7-8 Left to left, right next to left, left to left, rock back on right, recover on left

## SHUFFLE FORWARD, ½ RIGHT, STOP, STOMP, CLAP, CLAP

1&2-3-4 Right forward, left next to right, right forward, left forward, turn 1/2 right and step on right 5-8 Stomp left forward, stomp right forward (shoulder wide apart from left), clap, clap

#### TAP RIGHT TOES, TAP RIGHT TOES, KICK RIGHT, KICK RIGHT, RIGHT COASTER STEP, TAP LEFT TOES, KICK LEFT

- 1-4 Tap right toes forward, tap right toes forward, kick right forward, kick right forward
- 5&6-7-8 Right backwards, left next to right, right forward, tap left toes next to right, kick left diagonally forward left

### LEFT SAILOR, RIGHT SAILOR, CROSS LEFT BEHIND RIGHT, UNWIND ¾ TURN LEFT

- 1&2 Cross left behind right, right to right, recover on left
- 3&4 Cross right behind left, left to left, recover on right
- 5-8 Cross left behind right, unwind over 3 counts turning 3/4 left finishing with weight on left

#### REPEAT

### RESTART

After wall 7, dance the first 24 counts and then restart the dance





牆數: 4