M.C. Swing (P)



拍數: 32 編數: 0 級數: Improver Partner

編舞者: DJ Dan (NL) & Wynette Miller (NL) - July 2008

音樂: My Best Drinkin' - Mark Chesnutt: (CD: Savin' The Honky Tonk)



Partner dance, beginner/intermediate, 32 counts, 118 bpm. Position: Right side-by-side.

Intro 16 counts, start on vocals.

SHUFFLES FORWARD RIGHT / LEFT:

MAN...ROCK STEP FORWARD, LADY...STEP, 1/2 PIVOT TURN

CHASSE

1&2 Shuffle forward stepping Right, Left, Right.3&4 Shuffle forward stepping Left, Right, Left.

Let go right hands.

5-6 MAN Rock Right forward. Recover onto Left. LADY Step Right forward. Pivot 1/2 turn left. Lady facing RLOD.

7&8 Step Right to right side. Step Left next to Right. Step Right to right side.

ROCK STEP BACK, CHASSE;

MAN...ROCKING CHAIR. LADY...ROCK STEP BACK, STEP, 1/2 PIVOT TURN SHUFFLE FORWARD.

1-2 Rock Left back. Recover onto Right.

Changing hands during the chasse, let go left hands, rejoin right hands.

3&4 Step Left to left side. Step Right next to Left. Step Left to left side.

5-8 MAN Rock Right forward. Recover onto Left. Rock Right back. Recover onto Left.

LADY Rock Right back. Recover onto Left. Step Right forward. Pivot 1/2 turn Left.

Rejoin Left hands. Right side-by-side. Facing LOD.

SHUFFLE FORWARD, SWIVELS FORWARD; SHUFFLE FORWARD, SWIVELS FORWARD

1&2 Shuffle forward stepping Right, Left, Right.

Step forward on ball of Left and swivel Left heel to left side.
Step forward on ball of Right and swivel Right heel to right side.

5&6 Shuffle forward stepping Left, Right, Left.

Step forward on ball of Right and swivel Right heel to right side.
 Step forward on ball of Left and swivel Left heel to left side.

ROCK STEP, 1/2 TURNING SHUFFLE; ROCK STEP, 1/2 TURNING SHUFFLE

1-2 Rock Right forward. Recover onto Left.

3&4 Shuffle 1/2 turn right stepping Right, Left, Right.

Left side-by-side. Facing RLOD.

5-6 Rock Left forward. Recover onto Right.

7&8 Shuffle 1/2 turn left stepping Left, Right, Left.

Right side-by-side. Facing LOD.

Happy dancing.