

M.C. Swing (P)

拍數: 32 牆數: 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.

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

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

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

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

8 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.