Swing Your Skirt

級數: Improver

編舞者: Martie Papendorf (SA) - October 2011

音樂: Pampoene Oppie Dak - Anton Goosen

牆數:4

Start - just after start of main vocals32 beats after lady singer sings shrill "Pampoene" sounding like a rooster!! - (3 Easy restarts)

S1: Point R, Touch, Fwd, Touch, HOLD, Back, Heel, HOLD, Back, Heel, HOLD

- 1,2 Point R to right side, Touch R next to L,
- &3,4 Step R fwd, Touch L behind R, HOLD
- &5,6 Step L back, Touch R heel fwd, HOLD and clap,
- &7,8 Step R back, Touch L heel fwd, HOLD and clap

S2: Step, Fwd, ½ left, Side ½ left, Step together, Swivel L, HOLD, Swivel R L

- &1,2 Step L in place, Step R fwd, Pivot ½ left, 6.00
- 3,4 Step R to right side making ½ turn left, Step L next to R feet slightly apart, 12.00
- 5,6 Swivel heels to left, HOLD,
- 7,8 Swivel heels right left (weight ending on L)

S3: Side ¼ L, Lock, ¼ Back lock back L, Rock fwd back, ¼ Sailor left

- 1,2 Step R to right side making ¼ turn left, Lock L across R, 6.00
- 3&4 Step R to back making ¼ turn left, Lock L across R, Step R back,

Restart here on wall 11 adding & count by stepping L next to R

- 5,6 Rock L fwd back, Rock R back,
- 7&8 Cross L behind R making ¼ turn left, Rock R to right side, Recover L to left 3.00

S4: ¼ Left touch, ¼ Right heel, Fwd shuffle, ¼ Right touch, ¼ Left heel, Fwd shuffle

- 1,2 Touch R toe next to L turning ¼ left, Touch R heel fwd turning ¼ right, 3.00
- 3&4 Step R fwd, Close L behind R, Step R fwd,

Restart here on walls 5 & 13, adding & count by stepping L next to R

- 5,6 Touch L toe next to R turning ¼ right, Touch L heel fwd turning ¼ left, 3.00
- 7&8 Step L fwd, Close R behind L, Step L fwd

Restarts:

R1. During wall 5 after count 3&4, section 4 - adding & count by stepping L next to R to restart wall 6.You will be facing 3.00

R2. During wall 11 after count 3&4, section 3 - adding & count by stepping L next to R to restart wall 12.You will be facing 12.00

R3. During wall 13 after count 3&4, section 4 - adding & count by stepping L next to R to restart wall 14.You will be facing 6.00





拍數: 32