

拍數: 64 牆數: 2 級數: Intermediate
 編舞者: Judy McDonald (CAN) - February 2009
 音樂: Swing Baby Swing - The DNC : (iTunes)



The music phrases as 72 counts, but the extra 8 counts at the end are just a bonus where you can sing and look cool!

Start after an 8 count intro on the word "let."

The first time, you will only dance the first 32 counts, then do the last 8 (the look cool part), then start the dance again.

The first 16 counts have a "Dipstick-ish" feel...but the rest is pretty "normal."

R step, L step, R step ball change

1 2 3&4 Step R in place (1), step L in place (2), step R in place (3), step back on ball of L (&), step R in place (4)...do these steps like you're running on the spot.

L heel front, R heel drop, L heel side, R heel drop, L heel front, R heel drop, L ball change

&5&6&7&8 Touch L heel across in front of right & lift R heel(&), drop R heel (5), touch L heel to side & lift R heel (&), drop R heel (6), touch L heel across in front of right & lift R heel (&), drop R heel (7), step back on ball of L (&), step R in place (8)

L scuff, R heel drop, L ball change, L scuff, R heel drop, L step

1&2&3&4 Scuff L heel & lift R heel (1), drop R heel (&), step back on ball of L (2), step R in place (&), scuff L heel & lift R heel (3), drop R heel (&), step L on slight diagonal (4)

Hold, R ball change, R scuff, L heel drop, R ball change

&5&6&7&8 Hold (&5), step R in place (&), step L in place (6) scuff R heel & lift L heel (&) drop L heel (7) step R to side (&) step L in place (8)

R cross rock, L recover, R side triple

1 2 3&4 Step R across in front of left (1), recover on L (2), step R to side (3), step L beside right (&), step R to side (4)

L cross rock, R recover, L side triple

5 6 7&8 Step L across in front of right (5), recover on R (6), step L to side (7), step R beside left (&), step L to side (8)

R cross rock, L recover, R side step, L cross rock, R recover, L side step, R cross step

1&2&3&4 Step R across in front of left (1), recover on L (&), step R to side (2), step L across in front of right (&), recover on R (3), step L to side (&), step R across in front of left (4)

L step back, R together, L triple forward

5 6 7&8 Step L back (5), step R beside left (6), step L forward (7), step R beside left (&), step L forward (8)

R step diagonal forward, hold, L step together, R step, L touch

1 2&3 4 Step R forward on diagonal (1), hold (2), step L beside right (&), step R forward on diagonal (3), touch L beside right (4)

L side step, R touch, R side step, L touch (with body rolls)

5 6 7 8 Step L to side (5), touch R beside left (6), step R to side (7), touch L beside right (8)...do this while making a body roll left on 5-6, and right on 7-8

Heel switches L, R, L ball change

1&2&3&4 Touch L heel forward (1), step L beside right (&), touch R heel forward (2), step R beside left (&), touch L heel forward (3), step L back (&), step R in place (4)

L rock forward, R recover, L coaster step

5 6 7&8 Step L forward (5), recover on R (6), step L back (7), step R beside left (&) step L forward (8)

R step side, L together, R step side, L touch

1 2 3 4 Step R to side (1), step L beside right (2), step R to side (3), touch L beside right (4)

L step side, R together, L step side, R touch

5 6 7 8 Step L to side (5), step R beside left (6), step L to side (7), touch R beside left (8)

Hip bumps, R heel ball change

1&2&3&4 Bump hips R (1), L (&), R (2), L (&), touch R heel forward (3), step R back (&), step L in place (4)...do the hip bumps like you're making a C with your right hip..up and down

R rock forward, L recover, R triple ½ turn

5 6 7&8 Step R forward (5), recover on L (6), step R in place (7), step L in place (&), step R in place (8)...do counts 7&8 while making a ½ turn right

Bonus "Look Cool" Part

L side step, hold

1, 2-8 Step L to side (1), hold (2 3 4 5 6 7 8)...they are usually singing "here we go now, here we go now"...so sing along, do your best "cool" look, and get ready to start again!

Start again!

NOTE: Don't forget...you start by dancing the first 32 counts, then the last 8 counts (the look cool part)...then you start the dance again, and continue through to the end of the song doing the full 64 counts along with the last 8 counts (the look cool part).

This song is being used in Ontario, Canada for one of our lotteries, Lotto 649, and it asks for people to do their "happy dance."...so if you hear someone refer to it as the Happy Dance, this is why!
