

The Swing & The Hit

COPPER KNOB
STEPPESHEETS

Count: 64

Wand: 1

Ebene: Phrased Improver

Choreograf/in: Carmen Blain (CAN) - July 2024

Musik: The Swing and the Hit - Bebo Best & The Super Lounge Orchestra : (iTunes & Amazon)



Intro 24 counts

Sequence: ABB – AB – AB – B 4 counts - Ending: Step R side and drag left

Part A (32 counts)

S. 1 Forward Lock Step, Rock Forward, Back Lock Step, 1/4 L Side Rock.

1 & 2 Step L forward, Lock R behind left, Step L forward
3 4 Rock R forward, Recover on left
5 & 6 Step R back, Cross L over right, Step R back
7 8 1/4 L Step L side, Recover on right

S. 2, 3 & 4 You repeat section 1

Part B (32 counts)

S. 1 Point Forward, Point Side, Sailor Step, Charleston Step.

1 2 Point L forward, Point L to left side
3 & 4 Step L behind right, Step R Side, Recover on left
5 6 Touch R forward, Step R back
7 8 Touch L back, Step L forward

S. 2 Point Forward, Point Side, Sailor Step, Charleston Step.

1 2 Point R forward, Point R to right side
3 & 4 Step R behind left, Step L Side, Recover on right
5 6 Step L forward, Touch R forward
7 8 Step R back, Touch L back

S. 3 1/4 L Chassé, 1/2 Pivot, 1/4 L Chassé, Rock Back.

1 & 2 Step L Side, Step R beside left, 1/4 L Step L forward
3 4 Step R forward, make a 1/4 turn L putting weight on left
5 & 6 1/4 L Step R side, Step L beside right, Step R side
7 8 Step L back, Recover on right

S. 4 1/2 R Shuffle, Rock Back, 1/2 L Shuffle, Rock Back.

1 & 2 1/2 turn right shuffle L R L
3 4 Step R back, Recover on left
5 & 6 1/2 turn left shuffle R L R
7 8 Step L back, Recover on right

For the version of the music used in the video send me an email at htinc@videotron.ca

Submitted by : STEPHANE BEAUCHAMP - Email: htinc@videotron.ca