La Det Swinge (Let It Swing)



Count: 32 Wand: 4 Ebene: Beginner

Choreograf/in: Sandi Kellerblock (NOR) - February 2025

Musik: La Det Swinge - Bobbysocks



Dance begins after 32 counts

Tag 1 during 4. wall: Dance the first 8 counts, change count 8 to a touch, do a R & L step touch, then restart the dance at 6 o'clock.

Tag 2 after 9. wall facing 9 o'clock: Step right foot fwd (small step), both hands on your heart with some movements for 8 counts, then restart. Last wall at 3 o'clock, ends after 16 counts at 12 o'clock.

S1: R vine, touch, L vine, 1/4 turn L, brush

1-4	Sten RF R	Cross LF behind R.	sten RF R touch	n I F beside RF

5-8 Step LF L, step RF behind L, ¼ turn L , step LF fwd, brush RF beside LF

S2: R lockstep, brush, L lockstep, touch

1-4	Step RF diagonal R, lock LF behind RF.step RF fwd, LF brush beside RF
5-8	Step LF diagonal fwd. lock RF behind LF. Step LF fwd. Touch RF beside LF

S3: Diagonal back, RLRL with touch and clap

1-4	Step RF diagonal back, LF touch beside RF/clap, step LF diagonal Back, touch RF beside
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LF/clap

5-8 Step RF diagonal back, LF touch beside RF/clap, step LF diagonal back, RF touch beside

LF/clap

S4: 1/2 Montery turn

1.	-2	Touch	R toe to i	right,make a	¼ turn R o	n ball of L	.F,step RF n	ext to LF

3-4 Touch L toe to L, step LF beside RF

5-6 Touch R toe to right, make a ¼ turn R on ball of LF, step RF next to LF

7-8 Touch L toe to Left, step LF beside RF

This dance was made for 3T, the largest fitness-center in Central Noway, both the center and «La det swinge» is 40 years in 2025 Hope you like it, have fun