

# Swayzee Shuffle

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Alan Lewis (UK) & Nosmo King (UK)

Musik: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



## HEEL GRIND & CROSS, SIDE ROCK, SAILOR STEP

- 1-2 Grind right heel forward, step back on left  
3&4 Step back on right, step left in place, cross right over left  
5-6 Rock left to left side, rock onto right  
7&8 Step left behind right, step right to right side, step left in place

## SIDE ROCK, SAILOR TURN, HEEL GRIND & CROSS

- 9-10 Rock right to right side, step left in place  
11&12 Step right behind left making  $\frac{1}{4}$  turn right, step left in place, step right in place  
13-14 Grind left heel forward, step back on right  
15&16 Step back on left, step on right, cross left over right

## SIDE ROCK SAILOR STEP, SIDE ROCK, COASTER STEP

- 17-18 Rock right to right side, rock onto left  
19&20 Step right behind left, step left to left side, step right in place  
21-22 Rock left to left side, step right in place  
23&24 Step left back, step right in place, step left forward

## $\frac{1}{2}$ TURN PIVOT & SHUFFLE, $\frac{1}{2}$ TURN SHUFFLE

- 25-26 Step forward on right, pivot  $\frac{1}{2}$  turn left  
27&28 Step forward on right, left in place, right forward  
29&30 Step forward on left,  $\frac{1}{2}$  turn right on right, step left in place  
31-32 Rock back on right, step left in place

## ROCK STEP, SHUFFLE FORWARD (SWAYZEE SHUFFLE)

- 33-34 Rock forward on right, rock back on left (roll hips turn body slightly left)  
35&36 Right shuffle forward, right, left, right  
37-38 Rock forward on left, rock back on right (roll hips turn body slightly right)  
39&40 Left shuffle forward, left, right, left

## ROCK STEP X 3, $\frac{1}{2}$ TURNS, HEEL TAPS

- 41-42 Rock forward on right, step back on left  
43&44 Step back on right with  $\frac{1}{2}$  turn right, step forward on left with  $\frac{1}{2}$  turn right  
45-46 Step back on right with  $\frac{1}{2}$  turn right, step forward on left  
47&48 Tap right heel forward, step right in place, tap left heel forward  
&1 Step left in place. Start again. Grind right heel forward

## REPEAT

Dance starts 16 beats after the beat picks up, vocals say "I've been waiting". On wall 8, steps 13-41 the music stops and you have to keep in time with just the vocals.