

# Swing A Lone

Count: 48

Wand: 1

Ebene: Intermediate line/contra dance

Choreograf/in: Tommy Bailey (USA)

Musik: The City Put the Country Back In Me - Neal McCoy



## TRIPLE STEP RIGHT, TRIPLE STEP LEFT, ROCK STEP

- 1&2 Turning slightly to the right, step right on ball of right foot, step ball of left foot next to right, step right on ball of right foot
- 3&4 Turning slightly to the left, step left on ball of left foot, step ball of right foot next to left, step left on ball of left foot
- 5-6 Rock back center on right foot, step forward in place on left

## TRIPLE STEP RIGHT, TRIPLE STEP LEFT, ROCK STEP

- 7&8 Turning slightly to the right, step right on ball of right foot, step ball of left foot next to right, step right on ball of right foot
- 9&10 Turning slightly to the left, step left on ball of left foot, step ball of right foot next to left, step left on ball of left foot
- 10-12 Rock back center on right foot, step forward in place on left

## ½ TURN, STEP PIVOT, ½ TURN PIVOT TO LEFT

- 13-14 Step ball of right foot in front of left foot (keeping weight on ball of left foot, pivot turn ½ turn to left (weight still on ball of left foot))
- 15-16 Step ball of right foot in front of left foot (keeping weight on ball of left foot, pivot turn ½ turn to left (weight still on ball of left foot))

## Cross steps moving to right with twisting motion (modified Kansas City move)

- 17-18 Step ball of right foot, next to left, step ball of left foot in front and across right foot
- 19-20 Step ball of right foot, next to left, step ball of left foot in front and across right foot
- 21-22 Step ball of right foot, next to left, rock on ball of left foot in front and across right foot (start back to left with right foot)

**Styling for steps 17-34: lady's arms down to sides slightly away from body, palms facing down**

## WITH TWISTING MOTION, WEAWE TO LEFT

- 23 Drop weight to right foot
- 24 As you twist to left, step ball of left foot beside right foot
- 25 Step ball of right foot in front and across left foot
- 26 Step ball of left foot beside right foot
- 27 Step ball of right foot in behind left foot, as you twist to the right
- 28 Step ball of left foot beside right, as you face forward

## HEEL STEP, HEEL STEP, ROCK STEP

- 29-30 Touch right heel forward, step right foot beside left
- 31-32 Touch left foot forward, step left beside right
- 33-34 Rock weight back on ball of right foot, step forward in place weight on left foot

## TRIPLE STEPS FORWARD WITH ½ TURN, TRIPLE STEP BACK, ROCK STEP

- 35&36 Moving slightly forward, step on ball of right foot & step ball of left foot next to right, step ball of right foot slightly forward
- 37&38 Turning ½ turn to right, triple step back stepping back on ball of left foot & step right foot next to left, step back on left foot
- 39-40 Rock back on ball of right foot, step forward in place on left

## TRIPLE STEPS FORWARD WITH ½ TURN; TRIPLE STEP BACK, ROCK STEP, ROCK STEP

- 41&42 Moving slightly forward, step on ball of right foot & step ball of left foot next to right, step ball of right foot slightly forward
- 43&44 Turning  $\frac{1}{2}$  turn to right, triple step back stepping back on ball of left foot & step right foot next to left, step back on left foot
- 45-46 Rock back on ball of right foot, step in place on left
- 47-48 Rock back on ball of right foot, step in place on left

**REPEAT**

For added fun, dance can be a 2 wall or 4 wall by changing the last rock step (steps 47-48) to a  $\frac{1}{4}$  pivot or  $\frac{1}{2}$  pivot to left. And for more fun try the dance as contra (facing each other)

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