

# Swing It

Count: 60

Wand: 2

Ebene: Intermediate/Advanced

Choreograf/in: Fred Knopp (AUS)

Musik: Swing - Trace Adkins



## **RIGHT SAILOR STEP, LEFT SAILOR STEP, PIVOT HALF TURN RIGHT, LEFT CROSS RIGHT SIDE, LEFT TOUCH, LEFT SIDE, RIGHT CROSS, LEFT SIDE, RIGHT TOUCH**

- 1&2 Step right behind left, step left to left, step right to right
- 3&4 Step left behind right, step right to right, step left to left
- &5 Pivot ½ turn right & step on right, step left over right
- &6 Step right to right, touch left heel at diagonal left
- &7 Step left to left, step right over left
- &8 Step left to left, touch right heel at diagonal right

## **RIGHT SAILOR STEP, LEFT SAILOR STEP, PIVOT HALF TURN RIGHT, LEFT CROSS RIGHT SIDE, LEFT TOUCH, LEFT SIDE, RIGHT CROSS, LEFT SIDE, RIGHT TOUCH**

- 9&10 Step right behind left, step left to left, step right to right
- 11&12 Step left behind right, step right to right, step left to left
- &13 Pivot ½ turn right & step on right, step left over right
- &14 Step right to right, touch left heel at diagonal left
- &15 Step left to left, step right over left
- &16 Step left to left, touch right heel at diagonal right

## **HEEL TWIST, LEFT SAMBA SHUFFLE FORWARD, HEEL TWIST, RIGHT SAMBA SHUFFLE FORWARD, HEEL TWIST, LEFT SIDE ROCK, HALF TURN RIGHT, LEFT SIDE ROCK/ STEP**

- & Step right next to left & twist left heel in
- 17&18 Step left forward & left heel twisted in, step right next to left, step left forward & left heel twisted in
- & Twist left heel back & twist right heel in
- 19&20 Step right forward & right heel twisted in, step left next to right, step right forward & right heel twisted in
- & Twist right heel back & twist left heel in
- 21-22 Rock / step left to left & left heel twisted in, rock onto right & pivot ½ right
- 23-24 Rock / step left to left, rock on right

## **LEFT BEHIND, RIGHT SIDE, LEFT CROSS, QUARTER PIVOT RIGHT, RIGHT HEEL-BALL-STEP, RIGHT FORWARD PIVOT HALF TURN LEFT, RIGHT FORWARD, LEFT APART**

- 25&26 Step left behind right, step right to right, step left across right
- & Pivot ¼ right on left
- 27&28 Tap right heel forward, step right next to left, step left forward
- 29-30 Step right forward, pivot ½ turn left
- 31-32 Step right forward, step left to left (shoulder width apart)

## **TWIST HEELS QUARTER LEFT, TWIST HEELS HALF RIGHT, LEFT FORWARD, PIVOT HALF TURN RIGHT, LEFT FORWARD, RIGHT FORWARD, PIVOT HALF TURN LEFT, RIGHT FORWARD**

- 33 Twist heels ¼ left (point right hand over left shoulder holding 1 finger up)
- 34 Twist heels ½ right (weight on right)
- 35-36 Step left forward, pivot ½ turn right
- 37-38 Step left forward, step right forward
- 39-40 Pivot ½ turn left, step right forward

**TWIST HEELS HALF LEFT, TWIST HEELS HALF RIGHT, LEFT ROCK/ STEP FORWARD, ROCK BACK, RIGHT HALF TURN LEFT, LEFT FORWARD, RIGHT APART, SWING RIGHT KNEE OUT IN OUT**

- 41 Twist heels ½ left (point right hand forward holding 2 finger up)  
42 Twist heels ½ right (weight on right)  
43-44 Rock / step left forward, rock back on right with ½ turn left  
45-46 Step left forward, step right to right (shoulder width apart with weight on left)  
47&48 Push right knee out, in, out leaning right swing right hand & click right fingers when knee out

**SWING RIGHT KNEE IN OUT, HOLD, RIGHT BEHIND, LEFT SIDE WITH QUARTER TURN LEFT, RIGHT FORWARD, PIVOT HALF TURN LEFT, LEFT ROCK/ STEP WITH QUARTER TURN RIGHT**

- &49-50 Push right knee in, out (swing right hand & hold 3 fingers out when knee out), hold  
51&52 Step right behind, step left to left with ¼ turn left, step right forward  
53-54 Pivot ½ turn left, step forward right  
55-56 Rock / step forward left with ¼ turn right, rock on right

**LEFT ROCK/ STEP OVER RIGHT, RIGHT STEP, LEFT STEP, RIGHT ROCK/ STEP OVER LEFT, LEFT STEP, RIGHT STEP, LEFT STOMP**

- 57&58 Rock / step left over right, step back on right, step left to left  
&59&60 Rock / step right over left, step back on left, step right to right, stomp left next to right

**REPEAT**

**TAG**

At the end of the 3rd and 5th reps keep weight on the right foot and add the tag

**LEFT ROCK/ STEP OVER RIGHT, RIGHT STEP, LEFT STEP, RIGHT ROCK/ STEP OVER LEFT, LEFT, STEP, RIGHT STEP, LEFT STOMP**

- 1&2 Rock / step left over right, step back on right, step left to left  
&3&4 Rock / step right over left, step back on left, step right to right, stomp left next to right
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