

Swinging Fast

Count: 48

Wand: 4

Ebene: Intermediate east coast swing

Choreograf/in: Nancy Morgan (USA)

Musik: I Ain't No Quitter - Shania Twain



SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

- 1&2 Right side shuffle - step right to right side, put left next to right, step right to right side
3-4 Rock step - rock/step back on left and forward on right
5&6 Left side shuffle - step left to left side, put right next to left, step left to left side
7-8 Rock step - rock/step back on right and forward on left

SHUFFLE FORWARD, KICK TWICE, SHUFFLE BACK, TOUCH BACK, CLAP

- 1&2 Shuffle forward - right, left, right
3-4 Kick left foot forward two times
5&6 Shuffle back - left, right, left
7-8 Touch right toe back, clap

TWO KICK-BALL-CHANGES, FOUR SWIVEL STEPS FORWARD

- 1&2 Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right
3&4 Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right
5-6 Swivel on ball of left foot as you step diagonally forward (toward 1:00) on right, swivel on ball of right as you step diagonally forward (toward 11:00) on left
7-8 Swivel on ball of left foot as you step diagonally forward (toward 1:00) on right, swivel on ball of right as you step diagonally forward (toward 11:00) on left

SKIP BACK FOR 4 COUNTS, BACK ROCK, STEP FORWARD, PIVOT ¼ TURN TO LEFT

- &1 Hop back on left, step right behind left
&2 Hop back on right, step left behind right
&3 Hop back on left, step right behind left
&4 Hop back on right, step left behind right
5-6 Rock back on right and forward on left
7-8 Step forward on right, turn ¼ turn to left (weight is on left)

TOE STRUTS, SLOW COASTER

- 1-2 Touch right toe forward, drop heel as you put your weight on it
3-4 Touch left toe forward, drop heel as you put your weight on it
5-6-7-8 Step back on right, step back on left, step forward on right, step forward on left

TOE STRUTS, JAZZ BOX SQUARE

- 1-2 Touch right toe forward, drop heel as you put your weight on it
3-4 Touch left toe forward, drop heel as you put your weight on it
5-6-7-8 Cross right over left, step back on left, step right to right side, step forward on left

REPEAT