

# Swinging Out West

Count: 64

Wand: 0

Ebene:

Choreograf/in: Pim Humphrey (UK)

Musik: Who's Been Sleeping in My Bed - Glenn Frey



## STEP SWEEP TWICE SHUFFLES TWICE

- 1-4 Step forward on left foot, sweep right foot across left, step forward on right foot, sweep left foot across right
- 5&6-7&8 Left shuffle, right shuffle

## STEP SWEEP TWICE, SHUFFLES TWICE

- 9-16 Repeat counts 1-8

## POINT HOLD, HEEL HOLD, POINT & HEEL & POINT & HEEL

- 1-2&3-4 Point left toe to left side, hold for 1 count, step in place with left and touch right heel forward, hold for 1 count
- &5&6&7&8 Step in place with right and point left toe to left side, step in place with left and touch right heel forward, step in place with right and touch left toe to left side, step in place with left and touch right heel forward

## LEFT SHUFFLE RIGHT SHUFFLE ½ TURN STEP HOLD

- &1&2-3&4 Step in place with right, left shuffle, right shuffle forward
- 5-8 Step forward on left, pivot ½ turn to right, step forward with left, hold for 1 count

## POINT HOLD HEEL HOLD, POINT & HEEL & POINT & HEEL

- 1-2&3-4 Point right toe to right side, hold for 1 count, step in place with right and touch left heel forward, hold for 1 count
- &5&6&7&8 Step in place with left, point right toe to right side, step in place with right foot and touch left heel forward, step in place with left foot and point right toe to right side, step in place with right foot and touch left heel forward

## RIGHT SHUFFLE LEFT SHUFFLE ½ TURN STEP HOLD

- &1&2-3&4 Step in place with left foot, right shuffle, left shuffle forward
- 5-8 Step forward with right foot, pivot ½ turn to left, step forward with right foot, hold for 1 count

## SIDE SHUFFLE BACK ROCK TWICE

- 1&2-3-4 Side shuffle left, step back on right, recover weight on left
- 5&6-7-8 Side shuffle right, step back on left recover weight on right

## SHUFFLE, ½ TURN, TRIPLE TURN, BACK ROCK

- 1&2-3-4 Left shuffle forward, step forward on right, pivot ½ turn to left (releasing right hands, raise left)
- 5&6-7-8 Turn ½ triple turn to left with right, left, Right, step back on left, recover weight on right (rejoin hands in side by side position)

## REPEAT