

EZ Swing (Contra)

Count: 32

Wand: 2

Ebene: Beginner Contra

Choreograf/in: Winnie Yu (CAN) & Kathleen Richau (USA) - August 2010

Musik: Miss Kiss Kiss Bang (Radio Version) - Alex Swings Oscar Sings!



Intro: 8 counts

Alternate Music: Any Swing or Jive Tempo

Sec. 1 CHASSE RIGHT, BACK RECOVER, CHASSE LEFT, BACK RECOVER

- 1&2 Step right to right side, step left next to right, step right to right side
- 3-4 Rock back on left, recover onto right
- 5&6 Step left to left side, step right next to left, step left to left side
- 7-8 Rock back on right, recover onto left

Sec. 2 RIGHT SHUFFLE BACK ½ TURN LEFT, BACK RECOVER, LEFT SHUFFLE BACK ½ TURN RIGHT, BACK RECOVER

- 1&2 Make a ½ turn left stepping back on right, step left beside right, step back on right (6:00)
- 3-4 Rock back on left, recover onto right
- 5&6 Make a ½ turn right stepping back on left, step right beside left, step back on left (12:00)
- 7-8 Rock back on right, recover onto left

Optional hands: When shuffling back ½ turn, grab the left person's hand with your right hand and hold onto it until both shuffle turns are complete.

Sec. 3 2 X RIGHT KICK BALL CHANGE, RIGHT & LEFT SHUFFLE FORWARD

- 1&2 Kick right foot forward, step ball of right beside left, step left foot in place
- 3&4 Kick right foot forward, step ball of right beside left, step left foot in place
- 5&6 Step forward on right, step ball of left behind right, step forward on right
- 7&8 Step forward on left, step ball of right behind left, step forward on left

Optional hands: When shuffling forward, raise up both hands and high five both the person on your left and right side.

Sec. 4 RIGHT JAZZ BOX TOE STRUT ½ TURN RIGHT

- 1-2 Cross touch right toe over left, drop right heel down
- 3-4 Make a ¼ right turn and placing left toe back, drop heel down
- 5-6 Make a ¼ right turn and placing right toe forward, drop right heel down
- 7-8 Place left toe forward, drop left heel down (6:00)

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