

Swing (Quick step & Fox trot)

Count: 108

Wall: 1

Level: Improver

Choreographer: Michel Bourré (CAN) - November 2020

Music: Swing Out - Michael Andrew & Swingerhead



Intro: 16 counts Quick Step : Sections 1 to 7

Section 1: Walk forward + Progressive chasse to the Left

1-2-3-4 Three steps walk fwd: L, R, L, (at 4) R together L.
5&6&7-8 L side, R together L, L side, R together L, L side, R touch L.

Section 2: Walk backward + Progressive chasse to the Right

1-2-3-4 Three steps walk back : R, L, R, (at 4) L together R.
5&6&7-8 R side, L together R, R side, L together R, R side, L touch R.

Section 3 + 4 : Reach turn to R, fwd chasse, fwd break , Point side ,Touch

1-2-3&4 L step fwd, R stay in place +1/2 turn to R, L R L chasse fwd
5-6&7-8 R step fwd, recover L, (&) R together L, L point to side + touch R.

Section 5 : Chasse side 1/4 to L ,Reach Turn 1/2 to L, Chasse Fwd, Reach turn 1/2 to R.

1&2 L side, R together , L step fwd 1/4 turn to L
3-4 R step fwd, L stay in place 1/2 turn to L
5&6-7-8 R L R chasse fwd , L step fwd , R stay in place 1/2 turn to R

Section 6 : Chasse side Fwd break

1&2-3-4 L side 1/4 turn to R, R together L, L side, R step fwd, L recover in place
5&6-7-8 R side, L together R, R side, L step fwd, R recover in place.

Section 7 : Chasse side , together fwd Cuban break, Rock Step Heel

1&2-3-4 L side, R together L, L side, R together L
5&6 R step fwd, L stay, R together L
***7-&-8 L step fwd, R stay in place, L heel touch Tag: (leave out this *for the 1 round) 2**

Fox trot : Sections 1 to 4

Section 1: Vine 4 wall turn 1/4 each + step fwd cross, point to side

1-2-3-4 L step fwd 1/8 to L, R side 1/8 to L, L cross behind, R side
5-6-7-8 L step fwd slightly cross R, R point to side, repeat with R foot (reverse)

Section 2: repeat Section 1 for x 3 more times

Section 3: Reach turn + chasse

1-2-3&4 L step fwd , R stay in place 1/2 turn to R ,chasse fwd L R L
5-6-7&8 R step fwd , L stay in place 1/2 turn to L, chasse fwd R L R

Section 4: Side Together Side Touch To L + R, fwd rock ,together& fwd heel touch

1-2-3-4 L side , R together L, L side , R touch L
5-6-7-8 R side , L together R, R side, L touch R
9-10-11 L step fwd, R in place, L together R
&-12 R stay in place, L with heel touch fwd.

Sequence to Dance :

- Dance 3 x rounds of Quick step : 1st round see *note as TAG
- Continue with 1 round Foxtrot
- Restart Quick step 1 round

- End with : fwd break together point side

1-2-3&4 L step fwd, R stay in place, L together R, R stay in place, L point to side.

For more in others languages : Vietnames and Chinese , please Email : lichili.vuong@gmail.com

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