

# 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.

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**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](mailto:lichili.vuong@gmail.com)**

**Last Update - 27 Nov. 2020**

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