

# The Swing & The Hit

**COPPER** KNOB  
BY STEPHANETS

Count: 64

Wall: 1

Level: Phrased Improver

Choreographer: Carmen Blain (CAN) - July 2024

Music: The Swing and the Hit - Bebo Best & The Super Lounge Orchestra : (iTunes & Amazon)



Intro 24 counts

Sequence: ABB – AB – AB – B 4 counts - Ending: Step R side and drag left

Part A (32 counts)

**S. 1 Forward Lock Step, Rock Forward, Back Lock Step, 1/4 L Side Rock.**

1 & 2 Step L forward, Lock R behind left, Step L forward  
3 4 Rock R forward, Recover on left  
5 & 6 Step R back, Cross L over right, Step R back  
7 8 1/4 L Step L side, Recover on right

**S. 2, 3 & 4 You repeat section 1**

Part B (32 counts)

**S. 1 Point Forward, Point Side, Sailor Step, Charleston Step.**

1 2 Point L forward, Point L to left side  
3 & 4 Step L behind right, Step R Side, Recover on left  
5 6 Touch R forward, Step R back  
7 8 Touch L back, Step L forward

**S. 2 Point Forward, Point Side, Sailor Step, Charleston Step.**

1 2 Point R forward, Point R to right side  
3 & 4 Step R behind left, Step L Side, Recover on right  
5 6 Step L forward, Touch R forward  
7 8 Step R back, Touch L back

**S. 3 1/4 L Chassé, 1/2 Pivot, 1/4 L Chassé, Rock Back.**

1 & 2 Step L Side, Step R beside left, 1/4 L Step L forward  
3 4 Step R forward, make a 1/4 turn L putting weight on left  
5 & 6 1/4 L Step R side, Step L beside right, Step R side  
7 8 Step L back, Recover on right

**S. 4 1/2 R Shuffle, Rock Back, 1/2 L Shuffle, Rock Back.**

1 & 2 1/2 turn right shuffle L R L  
3 4 Step R back, Recover on left  
5 & 6 1/2 turn left shuffle R L R  
7 8 Step L back, Recover on right

For the version of the music used in the video send me an email at [htinc@videotron.ca](mailto:htinc@videotron.ca)

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