

Swing It Back

Count: 32

Wall: 2

Level: Beginner hustle

Choreographer: Debbie Hopkins (CAN), Ardythe Cain, Carol Sutherland, Deb Immel & Terry Osborne

Music: Swing It Back - Dance Mijangos



INTRO

- &1-2 Step back right left, hold
- &3-4 Step forward right left, hold
- &5&8 Step back right left, right left, right left, right left
- &9-10 Step forward right left, hold
- &11-12 Step back right left, hold
- &13&16 Step forward right left, right left, right left, right left
- 17-32 Repeat the above sequence one more time then start the dance

THE MAIN DANCE

SHIMMY RIGHT, SHIMMY LEFT, TOUCH RIGHT

- 1-4 Step right foot to right (1) shimmy(2), left foot together(3) shimmy(4)
- 5-8 Step left foot to left (5) shimmy(6), touch right foot(7) shimmy(8)

ROCKING CHAIR, SHUFFLE BACK TWICE

- 9-12 Rock back on right, forward on left, forward on right, back on left
- 13&14 Right foot back, left together, right back
- 15&16 Left foot back, right together, left back

RIGHT KICK BALL POINT, LEFT KICK BALL POINT, PADDLE ¼ TURN TWICE

- 17-20 Right kick ball point left, left kick ball point right
- 21-24 Step forward right, ¼ turn left, step forward right, ¼ turn left

STEP TOUCHES, STEP TOGETHER, STEP TOUCH

- 25-28 Step side right, touch left, step side left touch right
- 29-32 Step right together left, step right together left

REPEAT

If you do the thirty-two count intro, you will start the dance after 24 counts. If you choose not to do the intro you will start the dance after 56 counts