

# The Swing

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Stephen Sunter (UK)

Music: The Swing - James Bonamy



## **½ PIVOT TURN, RIGHT COASTER STEP**

- 1-2 Step left foot forward, pivot ½ turn right, (weight on left)  
3&4 Step back on right & step left next to right, step right foot forward,  
5-6 Step left foot forward, pivot ½ turn right, (weight on left)  
7&8 Step back on right & step left next to right, step right foot forward,

## **DIAGONAL HIP BUMPS FORWARD, DIAGONAL HIP BUMPS BACKWARD**

- 9-10 Bump hips diagonally forward (2 o'clock), bump hips diagonally backwards (8 o'clock)  
11&12& Bump hips diagonally forward & back, forward & back  
13-14 Step right foot back (4 o'clock) bumping hips backward, bump hips forward (10 o'clock)  
15&16 Bump hips diagonally backward & forward, backwards (weight on right)

## **FULL TURN LEFT, SIDE SHUFFLE LEFT, ROCK ON RIGHT, ¼ TURN**

- 17-18 Full turn left stepping left, then right  
19&20 Step left foot left & step right next to left, step left foot left  
20-22 Step right foot behind left, (bend knee slightly), rock forward onto left  
23&24 Step right & left, right while making a ¼ turn left

## **LEFT SHUFFLE, ½ PIVOT TURN, RIGHT SHUFFLE, ROCK FORWARD LEFT**

- 25&26 Step forward left, step right next to left, step forward left  
27-28 Step forward on right foot, pivot ½ turn left  
29&30 Step forward right, step left next to right, step forward right  
31-32 Step left foot forward (bend knee slightly), rock back onto right foot

## **LEFT COASTER STEP, SWING HIPS RIGHT, RIGHT COASTER STEP, SWING HIPS LEFT**

- 33&34 Step back on left, step right next to left, step left foot forward  
35&36 Point right toe to right swinging hips right at same time, swing hips left, right  
**(Keep weight on left foot, right toe remains pointed to the right throughout counts 35&36)**  
37&38 Step back on right, step left next to right, step right foot forward  
39&40 Point left toe to left swinging hips left at same time, swing hips right, left  
**(Keep weight on right foot, left toe remains pointed to the left throughout counts 39&40)**

## **LEFT CROSS UNWIND ½, RIGHT CROSS UNWIND ½, STEPS RIGHT, SIDE SHUFFLE RIGHT**

- 41-42 Step left foot in front of right, unwind ½ turn over right shoulder  
43-44 Step right foot in front of left, unwind ½ turn over left shoulder  
45-46 Step left behind right, step right to right  
47&48 Step left next to right, step right to right, touch left next to right

**REPEAT**