

Glärnerland

Count: 32

Wall: 4

Level: Improver east coast swing

Choreographer: Roland (Gutz) Gutzwiller (CH)

Music: Glärnerland - Rämblers



SHUFFLE RIGHT, ROCK STEP, SHUFFLE LEFT, ROCK STEP

1&2-3-4 Right to right, left next to right, right to right, rock back on left, recover on right
5&6-7-8 Left to left, right next to left, left to left, rock back on right, recover on left

SHUFFLE FORWARD, ½ RIGHT, STOP, STOMP, CLAP, CLAP

1&2-3-4 Right forward, left next to right, right forward, left forward, turn ½ right and step on right
5-8 Stomp left forward, stomp right forward (shoulder wide apart from left), clap, clap

TAP RIGHT TOES, TAP RIGHT TOES, KICK RIGHT, KICK RIGHT, RIGHT COASTER STEP, TAP LEFT TOES, KICK LEFT

1-4 Tap right toes forward, tap right toes forward, kick right forward, kick right forward
5&6-7-8 Right backwards, left next to right, right forward, tap left toes next to right, kick left diagonally forward left

LEFT SAILOR, RIGHT SAILOR, CROSS LEFT BEHIND RIGHT, UNWIND ¾ TURN LEFT

1&2 Cross left behind right, right to right, recover on left
3&4 Cross right behind left, left to left, recover on right
5-8 Cross left behind right, unwind over 3 counts turning ¾ left finishing with weight on left

REPEAT

RESTART

After wall 7, dance the first 24 counts and then restart the dance
