

# Swing Low

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Nathalie LATERRIERE (FR) - May 2019

**Musique:** Swing Low, Sweet Chariot - Josh Turner : (Album: I Serve A Saviour)



**Start the dance after 16 counts**

## **STOMP UP , KICK , SAILOR STEP , BALL STEP , STEP DIAGONAL FORWARD , KICK , SAILOR 3/8 T LEFT**

- 1-2 Stomp up RF next to LF , Kick RF forward  
3&4 Step RF behind LF , LF to L , RF to R  
&5-6 Step ball of LF next to RF , step RF forward in the R diagonal ( 1:30), KICK LF forward  
7&8 Step LF behind RF with 1/8 turn L, RF to R with ¼ turn L, Step LF to L ( 9:00)  
**Option : Replace SAILOR 3/8 turn L by FORWARD MAMBO 3/8 turn L**  
7&8 Step LF forward , recover back on RF with 1/8 T left, ¼ turn left LF to L

## **CROSS, SIDE, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS**

- 1-2 Step RF across LF, step LF to L  
3&4 Step RF behind LF, step LF to L , step RF across LF  
5-6 Rock LF to L, recover on RF  
7&8 Step LF behind RF, step RF to R, step LF across RF

## **STEP FWD,TOE TAP ,HEEL JACK , HOOK, TRIPLE FORWARD, POINT LEFT & RIGHT**

- 1-2 Step RF forward, Tap L toe behind RF  
&3-4 Small jump back on LF, R heel forward , Hook RF across L shin ( touch the brim of your hat)  
5&6 Step RF forward , LF next to RF, step RF forward  
7&8 Point LF to L side , step LF together with RF, Point RF to R side

## **STEP FORWARD ,1/2 T LEFT, TRIPLE FORWARD, HEEL SWITCHES ,HEEL DIG & CLAP**

- 1-2 Step RF forward , ½ turn left LF forward ( 3 :00)  
3&4 Step RF forward, LF next to RF, RF forward  
5&6 Left heel forward , Step LF together with RF , Right heel forward  
&7&8 Step RF together with LF , L heel forward, step LF together with RF, DIG R heel forward with a CLAP

**(last update June 2019)**

**Last Site Update – 23 July 2019**