

Swing It Now !

Compte: 60

Mur: 4

Niveau: Phrased Easy Novice

Chorégraphe: Flo Garnier (FR) - September 2015

Musique: Swing - Trace Adkins



Introduction : 48 temps

Structure : AAB – AB – AAAA - BAA

A PART

[1-8] : shuffle FW R &L, walk R, scuff L ½ turn R, shuffle FW L

- 1&2 RF ahead, LF beside RF, RF ahead
- 3&4 LF ahead, RF beside LF, LF ahead
- 5-6 RF ahead, LF brush the floor and ½ turn to the R
- 7&8 LF ahead, RF beside LF, LF ahead

[9-16]: stomp FW R, swivel L (heel, toes, heel), stomp FW L, swivel R (heel, toes, heel)

- 9 RF stomp on the ground diagonally forward R
- 10-11-12 Move L heel, L toes, L heel to the R
- 13 LF stomp on the ground diagonally forward L
- 14-15-16 Move R heel, R toes, R heel to the L

[17-24] : side rock step R, behind side cross L, side rock step L, behind side cross R ¼ turn R

- 17-18 RF to the R, return BW on LF
- 19&20 RF cross behind LF, LF to the L, RF cross over LF
- 21-22 LF to the L, return BW on RF
- 23&24 LF cross behind RF, RF to the R with ¼ turn to the R, LF ahead

[25-32] : step turn ½ L, triple step R ½ turn L , coaster step L BW, kick ball step R FW

- 25-26 RF ahead, ½ turn to the L
- 27&28 RF ahead, ¼ turn to the L with LF beside RF, ¼ turn to the L with RF behind
- 29&30 LF behind, RF beside LF, LF ahead
- 31&32 RF kick ahead, RF beside LF, LF ahead

B PART

[1-8] : chassé R, cross rock step L, chassé L ¼ turn L, rock step FW R

- 1&2 RF to the R, LF beside RF, RF to the R
- 3-4 LF cross over RF, return BW on RF
- 5&6 LF to the L, RF beside LF, ¼ turn to the L with LF ahead
- 7-8 RF ahead, return BW on LF

[9-16] : toes strut BW R, L, R, L

- 9-10 R toes behind, RF set down
- 11-12 L toes behind, LF set down
- 13-14-15-16 start again 9-12

[17-24] : Monterey turn R ¼ turn R, monterey turn R ½ turn R

- 17-18 RF point to the R, ¼ turn to the R with RF beside LF
- 19-20 LF point to the L, LF beside RF
- 21-22 RF point to the R, ½ turn to the R with RF beside LF
- 23-24 LF point to the L, LF beside RF

[25-28] : heel strut FW R, L

- 25-26 heel R ahead, RF set down

27-28 heel L ahead, LF set down

Restart : on the 7th wall of A-Part, after the 16th count, start the B-Part.
