

Swayzee Shuffle

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Alan Lewis (UK) & Nosmo King (UK)

Musique: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



HEEL GRIND & CROSS, SIDE ROCK, SAILOR STEP

- 1-2 Grind right heel forward, step back on left
- 3&4 Step back on right, step left in place, cross right over left
- 5-6 Rock left to left side, rock onto right
- 7&8 Step left behind right, step right to right side, step left in place

SIDE ROCK, SAILOR TURN, HEEL GRIND & CROSS

- 9-10 Rock right to right side, step left in place
- 11&12 Step right behind left making ¼ turn right, step left in place, step right in place
- 13-14 Grind left heel forward, step back on right
- 15&16 Step back on left, step on right, cross left over right

SIDE ROCK SAILOR STEP, SIDE ROCK, COASTER STEP

- 17-18 Rock right to right side, rock onto left
- 19&20 Step right behind left, step left to left side, step right in place
- 21-22 Rock left to left side, step right in place
- 23&24 Step left back, step right in place, step left forward

½ TURN PIVOT & SHUFFLE, ½ TURN SHUFFLE

- 25-26 Step forward on right, pivot ½ turn left
- 27&28 Step forward on right, left in place, right forward
- 29&30 Step forward on left, ½ turn right on right, step left in place
- 31-32 Rock back on right, step left in place

ROCK STEP, SHUFFLE FORWARD (SWAYZEE SHUFFLE)

- 33-34 Rock forward on right, rock back on left (roll hips turn body slightly left)
- 35&36 Right shuffle forward, right, left, right
- 37-38 Rock forward on left, rock back on right (roll hips turn body slightly right)
- 39&40 Left shuffle forward, left, right, left

ROCK STEP X 3, ½ TURNS, HEEL TAPS

- 41-42 Rock forward on right, step back on left
- 43&44 Step back on right with ½ turn right, step forward on left with ½ turn right
- 45-46 Step back on right with ½ turn right, step forward on left
- 47&48 Tap right heel forward, step right in place, tap left heel forward
- &1 Step left in place. Start again. Grind right heel forward

REPEAT

Dance starts 16 beats after the beat picks up, vocals say "I've been waiting". On wall 8, steps 13-41 the music stops and you have to keep in time with just the vocals.