

Swing A Lone

Compte: 48

Mur: 1

Niveau: Intermediate line/contra dance



Chorégraphe: Tommy Bailey (USA)

Musique: The City Put the Country Back In Me - Neal McCoy

TRIPLE STEP RIGHT, TRIPLE STEP LEFT, ROCK STEP

- 1&2 Turning slightly to the right, step right on ball of right foot, step ball of left foot next to right, step right on ball of right foot
- 3&4 Turning slightly to the left, step left on ball of left foot, step ball of right foot next to left, step left on ball of left foot
- 5-6 Rock back center on right foot, step forward in place on left

TRIPLE STEP RIGHT, TRIPLE STEP LEFT, ROCK STEP

- 7&8 Turning slightly to the right, step right on ball of right foot, step ball of left foot next to right, step right on ball of right foot
- 9&10 Turning slightly to the left, step left on ball of left foot, step ball of right foot next to left, step left on ball of left foot
- 10-12 Rock back center on right foot, step forward in place on left

½ TURN, STEP PIVOT, ½ TURN PIVOT TO LEFT

- 13-14 Step ball of right foot in front of left foot (keeping weight on ball of left foot, pivot turn ½ turn to left (weight still on ball of left foot)
- 15-16 Step ball of right foot in front of left foot (keeping weight on ball of left foot, pivot turn ½ turn to left (weight still on ball of left foot)

Cross steps moving to right with twisting motion (modified Kansas City move)

- 17-18 Step ball of right foot, next to left, step ball of left foot in front and across right foot
- 19-20 Step ball of right foot, next to left, step ball of left foot in front and across right foot
- 21-22 Step ball of right foot, next to left, rock on ball of left foot in front and across right foot (start back to left with right foot)

Styling for steps 17-34: lady's arms down to sides slightly away from body, palms facing down

WITH TWISTING MOTION, WEAWE TO LEFT

- 23 Drop weight to right foot
- 24 As you twist to left, step ball of left foot beside right foot
- 25 Step ball of right foot in front and across left foot
- 26 Step ball of left foot beside right foot
- 27 Step ball of right foot in behind left foot, as you twist to the right
- 28 Step ball of left foot beside right, as you face forward

HEEL STEP, HEEL STEP, ROCK STEP

- 29-30 Touch right heel forward, step right foot beside left
- 31-32 Touch left foot forward, step left beside right
- 33-34 Rock weight back on ball of right foot, step forward in place weight on left foot

TRIPLE STEPS FORWARD WITH ½ TURN, TRIPLE STEP BACK, ROCK STEP

- 35&36 Moving slightly forward, step on ball of right foot & step ball of left foot next to right, step ball of right foot slightly forward
- 37&38 Turning ½ turn to right, triple step back stepping back on ball of left foot & step right foot next to left, step back on left foot
- 39-40 Rock back on ball of right foot, step forward in place on left

TRIPLE STEPS FORWARD WITH ½ TURN; TRIPLE STEP BACK, ROCK STEP, ROCK STEP

- | | |
|-------|--|
| 41&42 | Moving slightly forward, step on ball of right foot & step ball of left foot next to right, step ball of right foot slightly forward |
| 43&44 | Turning ½ turn to right, triple step back stepping back on ball of left foot & step right foot next to left, step back on left foot |
| 45-46 | Rock back on ball of right foot, step in place on left |
| 47-48 | Rock back on ball of right foot, step in place on left |

REPEAT

For added fun, dance can be a 2 wall or 4 wall by changing the last rock step (steps 47-48) to a ¼ pivot or ½ pivot to left. And for more fun try the dance as contra (facing each other)
