

Swingin'

Compte: 48

Mur: 4

Niveau: Improver west coast swing

Chorégraphe: Gerald Biggs (USA)

Musique: Swingin' - John Anderson



ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

- 1-2 Rock forward on right, rock back on left
- 3&4 Step back on right, left next to right, step forward right
- 5-6 Rock forward on left, rock back on right
- 7&8 Step back on left, right next to left, step forward left

CROSS & CROSS, STEP, STEP, CLAP

- 1&2 Step right over left, rock back on left, rock forward on right
- 3-4 Step left to side, step right next to left (clap when right touches)
- 5&6 Step left over right, rock back on right, rock forward on left
- 7-8 Step right to side, step left next to right (clap when left touches)

TOE TOUCHES FORWARD, COASTER STEP

- 1-2 Touch right toe to side, step right forward
- 3-4 Touch left toe to side, step left forward
- 5-6 Rock forward on right, rock back on left
- 7&8 Step back on right, step left next to right, step forward right

TRIPLE STEP FORWARD, TRIPLE STEP BACKWARDS

- 1&2 Triple step forward left, right, left
- 3&4 Triple step forward right, left, right
- 5&6 Triple step backwards left, right, left
- 7&8 Triple step backwards right, left, right

VINE LEFT, VINE RIGHT

- 1-2 Left to side, right behind
- 3-4 Left to side, right next to left (clap when right touches)
- 5-6 Right to side, left behind
- 7-8 Right to side, left next to right (clap when left touches)

COASTER STEP, JAZZ BOX, ¼ TURN RIGHT

- 1-2 Rock forward on left, rock back on right
- 3&4 Step back on left, right next to left, step forward left
- 5-6 Step right across left, step back left
- 7-8 Step right to side while turning ¼ turn right, left next to right (shift weight left)

REPEAT
