

Bumpin' & A Swingin'

Compte: 32

Mur: 4

Niveau: Improver east coast swing

Chorégraphe: Double Trouble (CAN)

Musique: Tailgate - Neal McCoy



LINDY RIGHT, LINDY LEFT

- 1&2 Shuffle side right (right, left, right)
- 3-4 Rock back on left, in place on right
- 5&6 Shuffle side left (left, right, left)
- 7-8 Rock back on right, in place on left

TOE STRUT FORWARD RIGHT, LEFT, BOOGIE WALK RIGHT, LEFT, RIGHT, LEFT

- 1-4 Toe strut forward right, toe strut forward left
- 5-8 Boogie walks forward right, left, right, left

ROCK RECOVER ¼ TURN RIGHT, SIDE SHUFFLE, ROCK RECOVER, COASTER LEFT

- 1-2 Rock forward right, recover weight on left
- 3&4 Make a ¼ right, while doing a side shuffle (right, left, right)
- 5-6 Rock forward left, recover weight on right
- 7&8 Coaster step back (left, right, left)

WALK, WALK, SAILOR STEP, (ANCHOR STEP), STEP ½ TURN LEFT ONTO LEFT, SIDE RIGHT, LEFT COASTER

- 1-2 Walk forward right, walk forward left
- 3&4 Right sailor (right, left, right) (basic west coast anchor step)
- 5-6 Step back on left while a ½ turn left, step to side with right
- 7&8 Left coaster step back (left, right, left)

REPEAT

TAG

After wall 5 and after wall 11, repeat the last 8 counts
