

# Swingin'

**Compte:** 40

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Peter Jones (UK) & Anna Lockwood (UK) - January 2012

**Musique:** Swingin' - Scotty McCreery : (Album: American Idol Season 10)



## **S1: Kick Ball Change, 2 x Heel Bounces, Rock Back, Recover, Kick Ball Cross.**

- 1&2 Kick R Forward, Step R Next To L, Step L In Place.  
3-4 Turn ¼ R While Bouncing Both Heels x 2.  
5-6 Rock Back Onto R, Recover Weight Onto L.  
7&8 Kick R Forward, Step R Next To L, Cross L Over R.

## **S2: Side, Hold, Together, Side, Touch, Turn, Turn, Chasse.**

- 1-2 Step R To R Side, Hold For 1 Count.  
&3-4 Step L Next To R, Step R To R Side, Touch L Next To R.  
5-6 Turn ¼ L Onto L, Turn ½ L Stepping Back Onto R.  
7&8 Turn ¼ L Onto L, Step R Next To L, Step L To L Side.

## **S3: 2 x Forward Hip Bumps, Back, Back, Back, Hitch.**

- 1&2 Step Forward Onto R Bumping Hips Forward, Step Back Onto L Bumping Hips Back, Step Forward Onto R Bumping Hips Forward.  
3&4 Step Forward Onto L Bumping Hips Forward, Step Back Onto R Bumping Hips Back, Step Forward Onto L Bumping Hips Forward.  
5-6 Step Back Onto R, Step Back Onto L.  
7-8 Step Back Onto R, Hitch L Knee.

**(Optional: While Hitching L Knee, Raise Both Arms Up To Shoulder Height With Thumbs Raised)**

## **S4: Cross, Side, Behind, Side, Heel, Step, Cross, Side, Sailor ¼ Turn.**

- 1-2 Cross L Over R, Step R To R Side.  
3&4 Cross L Behind R, Step R To R Side, Touch L Heel Forward To L Diagonal.  
&5-6 Step L Next To R, Cross R Over L, Step L To L Side.  
7&8 Turn ¼ R Stepping R Behind L, Step L To L Side, Step R To R Side.

## **S5: Cross, Hold, Side, Cross Shuffle, Side, Recover, Behind, ¼ Step.**

- 1-2 Cross L Over R, Hold For 1 Count.  
&3&4 Step R To R Side, Cross L Over R, Step R To R Side, Cross L Over R.  
5-6 Rock R To R Side, Recover Weight Onto L.  
7-8 Cross R Behind L, Turn ¼ L Onto L.

**Have fun and dance with a smile ;0)**

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