

# Swinging Down

拍数: 48      墙数: 4      级数: Improver  
编舞者: Jenifer Wolf (CAN) - April 2017  
音乐: Livin' It Down - Delbert McClinton : (Album: Nothing Personal)



Intro: 16 counts with vocals

## (A) FOUR HEEL STRUTS FORWARD

1-2      Touch right heel forward, Bring right foot down  
3-4      Touch left heel forward, Bring left foot down  
5-6      Touch right heel forward, Bring right foot down  
7-8      Touch left heel forward, Bring left foot down (shimmy as you strut forward)

## (B) □FOUR STEP TOUCHES BACK ON A DIAGONAL

1-2      Step right foot back on a right diagonal, Touch left foot beside right foot  
3-4      Step left foot back on a left diagonal, Touch right foot beside left foot  
5-6      Step right foot back on a right diagonal, Touch left foot beside right foot  
7-8      Step left foot back on a left diagonal, Touch right foot beside left foot (clap on touches)

## (C) □ROCK, REPLACE, HOLD, COASTER, HOLD

1-2      Step right foot forward, Step left foot in place  
3-4      Step right foot back, Hold  
5-6      Step left foot back, Step right foot beside left foot  
7-8      Step left foot forward, Hold

## (D) TRIPLE TO RIGHT SIDE, ROCK BACK, REPLACE, REPEAT TO LEFT

1&2      Step right foot to right side, Step left foot beside right foot, Step right foot to right side  
3-4      Step left foot back slightly behind right foot, Step right foot in place  
5&6      Step left foot to left side, Step right foot beside left foot, Step left foot to left side  
7-8      Step right foot back slightly behind left foot, Step left foot in place

## (E) □TRIPLE TO SIDE, ROCK, REPLACE, TURN ¼ RIGHT & REPEAT TO LEFT

1&2      Step right foot to right side, Step left foot beside right foot, Step right foot to right side  
3-4      Step left foot back slightly behind right foot, Step right foot in place  
5&6      Turn ¼ right left foot to left side, Step right foot beside left foot, Step left foot to left side  
7-8      Step right foot back slightly behind left foot, Step left foot in place

## (F) □SWIVEL HEELS, RIGHT, LEFT, RIGHT, HOLD, LEFT, RIGHT, CENTRE, HOLD

1-2      Swivel both heels to right, Swivel both heels to left  
3-4      Swivel both heels to right, Hold and clap  
5-6      Swivel both heels to left, Swivel both heels to right  
7-8      Swivel both heels to centre, Hold and clap (shift weight onto left foot)

Begin again, enjoy!

\*Sequence as follows: This is easy, watch the YouTube video.

\*48 / 12:00 - 48 / 3:00 - 32 / 6:00 - 32 / 6:00 - 48 / 6:00 - 48 / 9:00 - 32 / 12:00 - 32 / 12:00 - 23 / 12:00 o'clock wall

~2 walls at 48 counts, 2 walls at 32 counts you will be facing 6:00 o'clock wall

~2 walls at 48 counts, 2 walls at 32 counts you will be facing 12:00 o'clock wall, 23 counts left

End: Paragraph C, on count 7 stomp left foot forward facing 12:00 o'clock wall

-- Creston Line Dance Festival April 2017

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