

# The Swing

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Stephen Sunter (UK)  
音乐: The Swing - James Bonamy



## ½ PIVOT TURN, RIGHT COASTER STEP

1-2            Step left foot forward, pivot ½ turn right, (weight on left)  
3&4           Step back on right & step left next to right, step right foot forward,  
5-6           Step left foot forward, pivot ½ turn right, (weight on left)  
7&8           Step back on right & step left next to right, step right foot forward,

## DIAGONAL HIP BUMPS FORWARD, DIAGONAL HIP BUMPS BACKWARD

9-10           Bump hips diagonally forward (2 o'clock), bump hips diagonally backwards (8 o'clock)  
11&12&       Bump hips diagonally forward & back, forward & back  
13-14          Step right foot back (4 o'clock) bumping hips backward, bump hips forward (10 o'clock)  
15&16         Bump hips diagonally backward & forward, backwards (weight on right)

## FULL TURN LEFT, SIDE SHUFFLE LEFT, ROCK ON RIGHT, ¼ TURN

17-18          Full turn left stepping left, then right  
19&20         Step left foot left & step right next to left, step left foot left  
20-22          Step right foot behind left, (bend knee slightly), rock forward onto left  
23&24         Step right & left, right while making a ¼ turn left

## LEFT SHUFFLE, ½ PIVOT TURN, RIGHT SHUFFLE, ROCK FORWARD LEFT

25&26         Step forward left, step right next to left, step forward left  
27-28         Step forward on right foot, pivot ½ turn left  
29&30         Step forward right, step left next to right, step forward right  
31-32         Step left foot forward (bend knee slightly), rock back onto right foot

## LEFT COASTER STEP, SWING HIPS RIGHT, RIGHT COASTER STEP, SWING HIPS LEFT

33&34         Step back on left, step right next to left, step left foot forward  
35&36         Point right toe to right swinging hips right at same time, swing hips left, right  
**(Keep weight on left foot, right toe remains pointed to the right throughout counts 35&36)**  
37&38         Step back on right, step left next to right, step right foot forward  
39&40         Point left toe to left swinging hips left at same time, swing hips right, left  
**(Keep weight on right foot, left toe remains pointed to the left throughout counts 39&40)**

## LEFT CROSS UNWIND ½, RIGHT CROSS UNWIND ½, STEPS RIGHT, SIDE SHUFFLE RIGHT

41-42         Step left foot in front of right, unwind ½ turn over right shoulder  
43-44         Step right foot in front of left, unwind ½ turn over left shoulder  
45-46         Step left behind right, step right to right  
47&48         Step left next to right, step right to right, touch left next to right

**REPEAT**