

# Swing Time

拍数: 48      墙数: 2      级数: Improver  
编舞者: Niels Poulsen (DK) - March 2010  
音乐: It's Chitlin' Time - Dancelife : (CD: Or Dancelife, Rock This Town)



**Intro:** Dancelife track: 32 counts from first beat in music.

**Alt Music:** It's chitlin' time by The Kentucky Headhunters. On albums: Electric Barnyard OR The best of the Kentucky Headhunters

**Intro:** Kentucky track: 32 counts from first beat in music (app. 20 seconds into track)

**(1–8) L Cross Kick, L Side Kick, L Sailor Step, R Cross Shuffle, L Side Rock ¼ R**

- 1–2            Cross kick L slightly over R (1), kick L to L side (2) [12:00]
- 3&4           Cross L behind R (3), step R a small step to R side (&), step L to L side (4) [12:00]
- 5&6           Cross R over L (5), step L to L side (&), cross R over L (6) [12:00]
- 7–8           Rock L to L side (7), recover on R turning ¼ R (8) [3:00]

**(9–16) L Diagonal Shuffle, R Diagonal Shuffle, Step ¼ R, L Cross, R Point**

- 1&2           Step L a small step fw (1), close R to L (&), step fw on L (2) – towards 1:30 [1:30]
- 3&4           Step R a small step fw (3), close L to R (&), step fw on R (4) – towards 4:30 [4:30]
- 5–6           Step L fw towards [3:00] (5), turn ¼ R stepping onto R (6) [6:00]
- 7–8           Cross L over R (7), point R to R side (8) [6:00]

**(17–24) Touch R, R Diagonal Kick, Touch R, High R Diagonal Kick, R Cross, L Point, Step ½ R**

- 1–2           Touch R behind L (1), kick R to R diagonal (2) [6:00]
- 3–4           Touch R behind L (3), kick R to R diagonal (and higher than before!) (4) [6:00]
- 5–6           Cross R over L (5), point L to L side (6) [6:00]
- 7–8           Step fw on L (7), turn ½ R stepping onto R (8) [12:00]

**(25–32) L Ball Place, Hold, R Heel Bounces X2, L Toe Strut, R Toe Strut**

- &1–2          Bring L next to R (&), place R fw (weight is still on L foot) (1), Hold (2) [12:00]
- &3&4          Lift R heel off the floor (&) step down on R heel (3), lift R heel off the floor (&) step down on R heel (4) – weight on R foot! [12:00]
- 5–6           Touch ball of L foot fw (5), lower L heel (6) [12:00]
- 7–8           Touch ball of R foot fw (7), lower R heel (8)

**(33–40) L Point Fw, Side L, R Point Fw, Side R, L Jazz Box, R Cross**

- 1–2           Point L fw (1), step L to L side (2) [12:00]
- 3–4           Point R fw (3), step R to R side (4) [12:00]
- 5–6           Cross L over R (5), step back on R (6) [12:00]
- 7–8           Step L to L side (7), cross R over L (8) [12:00]

**(41–48) L Chasse, R Back Rock, Step ½ L, R Kick Ball Kick**

- 1&2           Step L to L side, (1), step R next to L (&), step L to L side (2) [12:00]
- 3–4           Rock back on R (3), recover on L foot (4) [12:00]
- 5–6           Step fw on R (5), turn ½ L stepping onto L (6) [6:00]
- 7&8           kick R fw (7), step R next to L (&), kick L to L side (8) [6:00]

**Begin Again**

