

# Retro Swing

拍數: 64      牆數: 2      級數: High Intermediate - Swing  
編舞者: Adam Åstmar (SWE) - April 2023  
音樂: Back in Time (feat. Karina Kappel) - Swing Republic : (iTunes)



**Intro: 32 counts from first clear drumbeat. Approx. 18 seconds.**

**Note! Restart occurs on wall 3 after section 4, 32 counts, facing 6:00.**

## **Sect – 1 Jump Fwd with Flick. Kick Fwd. Kick Side. Coaster Step. ½ L. ½ L. Shuffle ½ L with Sweep.**

- 1 – 2      Jump forward on LF, flicking RF back (1). Kick RF forward (2).
- 3 – 4 &      Kick RF to R side (3). Step back on RF (4). Close LF next to RF (&).
- 5 – 6      Step forward on RF (5). Turn ½ L placing weight on LF (6). {6:00}
- 7 – 8 & 1      Turn ½ L stepping back on RF (7). {12:00} Shuffle ½ turn L stepping LF, RF, LF sweeping RF from back to front (8, &, 1). {6:00}

## **Sect – 2 Jazz Box. Susie Q's (Traveling Heel Grinds). Cross.**

- 2 – 3 – 4      Cross RF over LF (2). Step back on LF (3). Step R on RF (4).
- 5 &      Cross L heel over RF, L toe facing R diagonal (5). Keep weight on L heel, grind L toe ¼ to L diagonal and step R on RF. (&)
- 6 &      Cross L heel over RF, L toe facing R diagonal (6). Keep weight on L heel, grind L toe ¼ to L diagonal and step R on RF. (&)
- 7 & 8      Cross L heel over RF, L toe facing R diagonal (7). Keep weight on L heel, grind L toe ¼ to L diagonal and step R on RF. (& Cross LF over RF (8). {6:00}

## **Sect – 3 Jump Out with Side Kick. Side. Behind-Side-Cross. Step Diagonal. Kick. Coaster 1/8 Step.**

- 1 – 2      Jump out on RF to R side, kicking LF to L side (1). Step LF to L side (2).
- Optional When jumping out on RF, put hands out to sides with palms facing down.**
- 3 & 4      Step RF behind LF (3). Step L on LF (&). Cross RF over LF (4).
  - 5 – 6      Step forward to L diagonal on LF (5). Kick RF forward (6). {4:30}
  - 7 & 8      Step back on RF (7). Close LF next to RF (&). Turn 1/8 R stepping forward on RF (8). {6:00}

## **Sect – 4 Step ½ Turn R. Shuffle ½ R. Step Back with Long Slide. Ball. Step.**

- 1 – 2      Step forward on LF (1). Turn ½ R placing weight on RF (2). {12:00}
- 3 & 4      Shuffle ½ turn R stepping LF, RF, LF (3, &, 4). {6:00}
- 5 – 6      Take a big step back on RF (5). Start dragging LF towards RF (6).
- 7 & 8      Finish dragging LF towards RF (7). Ball step LF next to RF (&). Step forward on RF (8).

**Note! - Restart occurs here on wall 3, facing 6:00 -**

## **Sect – 5 Charlestons Fwd and Back. Step. Step ½ Turn L. ¼ L.**

- 1 – 2      Step forward on LF (1). Point RF forward (2).
- 3 – 4      Step back on RF (3). Point LF back (4).
- 5 – 6      Step forward on LF (5). Step forward on RF (6).
- 7 – 8      Turn ½ L placing weight on LF (7). Turn ¼ L stepping R on RF (8). {9:00}

## **Sect – 6 Rock Back. Side Rock Cross. Dwight Swivels.**

- 1 – 2      Rock back on LF (1). Recover on RF (2).
- 3 & 4      Rock L on LF (3). Recover on RF (&). Cross LF over RF (4).
- 5 – 6      Swivel L heel to R, touching R toe next to LF (5). Swivel L toe to R, touching R heel next to LF (6).
- 7 – 8      Swivel L heel to R, touching R toe next to LF (7). Swivel L toe to R, touching R heel next to LF (8).

**Sect – 7 Jazz Box ¼ Turn. Mash Potatoes Fwd.**

- 1 – 2            Cross RF over LF (1). Turn ¼ R stepping back on LF (2). {12:00}  
3 – 4            Step R on RF (3). Step forward on LF (4).  
& 5            Twist both heels out (&). Step forward on RF bringing heels back to center (5).  
& 6            Twist both heels out (&). Step forward on LF bringing heels back to center (6).  
& 7            Twist both heels out (&). Step forward on RF bringing heels back to center (7).  
& 8            Twist both heels out (&). Step forward on LF bringing heels back to center (8).

**Sect – 8 Step Fwd. Hitch. Coaster Step. Slow Step ½ Turn Bending Knees. Run Fwd x2.**

- 1 – 2            Step forward on RF (1). Hitch L knee (2).  
3 & 4            Step back on LF (3). Close RF next to LF (&). Step forward on LF (4).  
5 – 6            Step forward on RF and bend knees (5) Start turning ½ L, keeping weight on RF (6).  
7 – 8 &        Finish turning ½ L and straighten knees, keeping weight on RF (7). {6:00} Run forward on LF,  
RF (8, &)

**Have fun!**

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