

# Swing Low Sweet Chariot

拍數: 32      牆數: 2      級數: Improver  
編舞者: Jo Thompson Szymanski (USA)  
音樂: Swing Low Sweet Chariot - Scooter Lee



Wait for the slow vocal intro, then there will be 8 heavy beats, start on the word "swing"

## TRIPLE RIGHT, ROCK BACK, RECOVER, TRIPLE LEFT, ROCK BACK, RECOVER

1&2      Step right foot to right side, step together with left foot, step right foot to right side  
3-4      Rock back with left foot, replace weight forward to right foot  
5&6      Step left foot to left side, step together with right foot, step left foot to left side  
7-8      Rock back with right foot, replace weight forward to left foot

## DIAGONAL, TOUCH, KICK BALL CHANGE, DIAGONAL, TOUCH, KICK BALL CHANGE

1      Step right foot forward to right diagonal  
2      Touch ball of left foot beside right, keep weight on right foot  
**The diagonal step on count 1 can be a slightly larger step for emphasis**  
3&4      Kick left foot forward, rock back with ball of left, recover weight forward to right foot  
5      Step left foot forward to left diagonal  
6      Touch ball of right foot beside left, keep weight on left foot  
**The diagonal step on count 5 can be a slightly larger step for emphasis**  
7&8      Kick right foot forward, rock back with ball of right, recover weight forward to left foot  
During the above 8 counts, keep your body facing forward

## FORWARD ROCK, BACK ROCK, TWO ¼ TURNS LEFT

1-2      Rock forward with right foot, recover weight back to left foot  
3-4      Rock back with right foot, recover weight forward to left foot  
5-6      Step forward with right foot, turn ¼ left, shift weight to left foot  
7-8      Step forward with right foot, turn ¼ left, shift weight to left foot

## WALK FORWARD 3 STEPS, KICK AND CLAP, BACK 2, COASTER STEP

1-3      Step forward with right, step forward with left, step forward with right  
4      Kick forward with left foot, clap hands and say whooo!  
5-6      Step back with left foot, step back with right foot  
7&8      Step back with left foot, step together with right, with left foot, step forward and slightly across in front of right

REPEAT

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