

# Swinging Fast

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate east coast swing  
編舞者: Nancy Morgan (USA)  
音樂: I Ain't No Quitter - Shania Twain



## SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

1&2      Right side shuffle - step right to right side, put left next to right, step right to right side  
3-4      Rock step - rock/step back on left and forward on right  
5&6      Left side shuffle - step left to left side, put right next to left, step left to left side  
7-8      Rock step - rock/step back on right and forward on left

## SHUFFLE FORWARD, KICK TWICE, SHUFFLE BACK, TOUCH BACK, CLAP

1&2      Shuffle forward - right, left, right  
3-4      Kick left foot forward two times  
5&6      Shuffle back - left, right, left  
7-8      Touch right toe back, clap

## TWO KICK-BALL-CHANGES, FOUR SWIVEL STEPS FORWARD

1&2      Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right  
3&4      Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right  
5-6      Swivel on ball of left foot as you step diagonally forward (toward 1:00) on right, swivel on ball of right as you step diagonally forward (toward 11:00) on left  
7-8      Swivel on ball of left foot as you step diagonally forward (toward 1:00) on right, swivel on ball of right as you step diagonally forward (toward 11:00) on left

## SKIP BACK FOR 4 COUNTS, BACK ROCK, STEP FORWARD, PIVOT ¼ TURN TO LEFT

&1      Hop back on left, step right behind left  
&2      Hop back on right, step left behind right  
&3      Hop back on left, step right behind left  
&4      Hop back on right, step left behind right  
5-6      Rock back on right and forward on left  
7-8      Step forward on right, turn ¼ turn to left (weight is on left)

## TOE STRUTS, SLOW COASTER

1-2      Touch right toe forward, drop heel as you put your weight on it  
3-4      Touch left toe forward, drop heel as you put your weight on it  
5-6-7-8      Step back on right, step back on left, step forward on right, step forward on left

## TOE STRUTS, JAZZ BOX SQUARE

1-2      Touch right toe forward, drop heel as you put your weight on it  
3-4      Touch left toe forward, drop heel as you put your weight on it  
5-6-7-8      Cross right over left, step back on left, step right to right side, step forward on left

**REPEAT**