

# Swingin'

拍數: 40      牆數: 4      級數: Improver  
編舞者: Peter Jones (UK) & Anna Lockwood (UK) - January 2012  
音樂: Swingin' - Scotty McCreery : (Album: American Idol Season 10)



## S1: Kick Ball Change, 2 x Heel Bounces, Rock Back, Recover, Kick Ball Cross.

1&2      Kick R Forward, Step R Next To L, Step L In Place.  
3-4      Turn ¼ R While Bouncing Both Heels x 2.  
5-6      Rock Back Onto R, Recover Weight Onto L.  
7&8      Kick R Forward, Step R Next To L, Cross L Over R.

## S2: Side, Hold, Together, Side, Touch, Turn, Turn, Chasse.

1-2      Step R To R Side, Hold For 1 Count.  
&3-4      Step L Next To R, Step R To R Side, Touch L Next To R.  
5-6      Turn ¼ L Onto L, Turn ½ L Stepping Back Onto R.  
7&8      Turn ¼ L Onto L, Step R Next To L, Step L To L Side.

## S3: 2 x Forward Hip Bumps, Back, Back, Back, Hitch.

1&2      Step Forward Onto R Bumping Hips Forward, Step Back Onto L Bumping Hips Back, Step Forward Onto R Bumping Hips Forward.  
3&4      Step Forward Onto L Bumping Hips Forward, Step Back Onto R Bumping Hips Back, Step Forward Onto L Bumping Hips Forward.  
5-6      Step Back Onto R, Step Back Onto L.  
7-8      Step Back Onto R, Hitch L Knee.

(Optional: While Hitching L Knee, Raise Both Arms Up To Shoulder Height With Thumbs Raised)

## S4: Cross, Side, Behind, Side, Heel, Step, Cross, Side, Sailor ¼ Turn.

1-2      Cross L Over R, Step R To R Side.  
3&4      Cross L Behind R, Step R To R Side, Touch L Heel Forward To L Diagonal.  
&5-6      Step L Next To R, Cross R Over L, Step L To L Side.  
7&8      Turn ¼ R Stepping R Behind L, Step L To L Side, Step R To R Side.

## S5: Cross, Hold, Side, Cross Shuffle, Side, Recover, Behind, ¼ Step.

1-2      Cross L Over R, Hold For 1 Count.  
&3&4      Step R To R Side, Cross L Over R, Step R To R Side, Cross L Over R.  
5-6      Rock R To R Side, Recover Weight Onto L.  
7-8      Cross R Behind L, Turn ¼ L Onto L.

Have fun and dance with a smile ;0)