|  |  |
| --- | --- |
| B-Bop Swing |  |

.

|  |
| --- |
| . |
| **Count:** | 64 | **Wand:** | 4 | **Ebene:** | Beginner | . |
| **Choreograf/in:** | Chris Hodgson (UK) |
| **Musik:** | Bop - Dan Seals |
| . |

**The swing pattern is danced in 3rd foot position (heel to instep or ball to heel)**

**BASIC EAST COAST SWING PATTERN**

|  |  |
| --- | --- |
| 1 | Step right foot forward |

|  |  |
| --- | --- |
| & | Step left foot behind right heel |

|  |  |
| --- | --- |
| 2 | Step right foot forward |

|  |  |
| --- | --- |
| 3 | Step left foot back |

|  |  |
| --- | --- |
| & | Step right foot to left instep |

|  |  |
| --- | --- |
| 4 | Step left foot back |

|  |  |
| --- | --- |
| 5 | Step right foot behind left heel staying on ball of right foot and lifting left heel one inch off floor |

|  |  |
| --- | --- |
| 6 | Return weight to left foot |

**BASIC EAST COAST SWING PATTERN**

|  |  |
| --- | --- |
| 7 | Step right foot forward |

|  |  |
| --- | --- |
| & | Step left foot behind right heel |

|  |  |
| --- | --- |
| 8 | Step right foot forward |

|  |  |
| --- | --- |
| 9 | Step left foot back |

|  |  |
| --- | --- |
| & | Step right foot to left instep |

|  |  |
| --- | --- |
| 10 | Step left foot back |

|  |  |
| --- | --- |
| 11 | Step right foot behind left heel staying on ball of right foot and lifting left heel one inch off floor |

|  |  |
| --- | --- |
| 12 | Return weight to left foot |

**HEEL SWITCHES**

|  |  |
| --- | --- |
| 13 | Touch right heel forward |

|  |  |
| --- | --- |
| & | Step on right foot in place |

|  |  |
| --- | --- |
| 14 | Touch left heel forward |

|  |  |
| --- | --- |
| & | Step on left foot in place |

|  |  |
| --- | --- |
| 15 | Touch right heel forward |

|  |  |
| --- | --- |
| 16 | Touch right heel forward |

**HEEL SWITCHES**

|  |  |
| --- | --- |
| & | Step on right foot in place |

|  |  |
| --- | --- |
| 17 | Touch left heel forward |

|  |  |
| --- | --- |
| & | Step on left foot in place |

|  |  |
| --- | --- |
| 18 | Touch right heel forward |

|  |  |
| --- | --- |
| & | Step on right foot in place |

|  |  |
| --- | --- |
| 19 | Touch left heel forward |

|  |  |
| --- | --- |
| 20 | Touch left heel forward |

**BASIC EAST COAST SWING PATTERN**

|  |  |
| --- | --- |
| 21 | Step left foot forward |

|  |  |
| --- | --- |
| & | Step right foot behind left heel |

|  |  |
| --- | --- |
| 22 | Step left foot forward |

|  |  |
| --- | --- |
| 23 | Step right foot back |

|  |  |
| --- | --- |
| & | Step left foot to right instep |

|  |  |
| --- | --- |
| 24 | Step right foot back |

|  |  |
| --- | --- |
| 25 | Step left foot behind right heel staying on ball of left foot and lifting right heel one inch off floor |

|  |  |
| --- | --- |
| 26 | Return weight to right foot |

**BASIC EAST COAST SWING PATTERN**

|  |  |
| --- | --- |
| 27 | Step left foot forward |

|  |  |
| --- | --- |
| & | Step right foot behind left heel |

|  |  |
| --- | --- |
| 28 | Step left foot forward |

|  |  |
| --- | --- |
| 29 | Step right foot back |

|  |  |
| --- | --- |
| & | Step left foot to right instep |

|  |  |
| --- | --- |
| 30 | Step right foot back |

|  |  |
| --- | --- |
| 31 | Step left foot behind right heel staying on ball of left foot and lifting right heel one inch off floor |

|  |  |
| --- | --- |
| 32 | Return weight to right foot |

**HEEL SWITCHES**

|  |  |
| --- | --- |
| 33 | Touch left heel forward |

|  |  |
| --- | --- |
| & | Step on left foot in place |

|  |  |
| --- | --- |
| 34 | Touch right heel forward |

|  |  |
| --- | --- |
| & | Step on right foot in place |

|  |  |
| --- | --- |
| 35 | Touch left heel forward |

|  |  |
| --- | --- |
| 36 | Touch left heel forward |

**HEEL SWITCHES**

|  |  |
| --- | --- |
| & | Step on left foot in place |

|  |  |
| --- | --- |
| 37 | Touch right heel forward |

|  |  |
| --- | --- |
| & | Step on right foot in place |

|  |  |
| --- | --- |
| 38 | Touch left heel forward |

|  |  |
| --- | --- |
| & | Step on left foot in place |

|  |  |
| --- | --- |
| 39 | Touch right heel forward |

|  |  |
| --- | --- |
| 40 | Touch right heel forward |

**TURNING ½ RIGHT BASIC EAST COAST SWING PATTERN**

|  |  |
| --- | --- |
| 41 | Step forward on right foot |

|  |  |
| --- | --- |
| & | Step left foot behind right heel |

|  |  |
| --- | --- |
| 42 | Step forward on right foot making ½ turn to right |

|  |  |
| --- | --- |
| 43 | Step back on left foot |

|  |  |
| --- | --- |
| & | Step right foot to left instep |

|  |  |
| --- | --- |
| 44 | Step back on left foot |

|  |  |
| --- | --- |
| 45 | Step right toe back behind left heel staying on ball of right foot and lifting left heel one inch off floor |

|  |  |
| --- | --- |
| 46 | Return weight to left foot |

**TURNING ½ RIGHT BASIC EAST COAST SWING PATTERN**

|  |  |
| --- | --- |
| 47 | Step forward on right foot |

|  |  |
| --- | --- |
| & | Step left foot behind right heel |

|  |  |
| --- | --- |
| 48 | Step forward on right foot making ½ turn to right |

|  |  |
| --- | --- |
| 49 | Step back on left foot |

|  |  |
| --- | --- |
| & | Step right foot to left instep |

|  |  |
| --- | --- |
| 50 | Step back on left foot |

|  |  |
| --- | --- |
| 51 | Right toe back behind left heel staying on ball of right foot and lifting left heel one inch off floor |

|  |  |
| --- | --- |
| 52 | Return weight to left foot |

**TWO FORWARD SHUFFLES (RIGHT, LEFT)**

|  |  |
| --- | --- |
| 53 | Step forward on right foot |

|  |  |
| --- | --- |
| & | Step on left foot beside right |

|  |  |
| --- | --- |
| 54 | Step forward on right foot |

|  |  |
| --- | --- |
| 55 | Step forward on left foot |

|  |  |
| --- | --- |
| & | Step on right foot beside left |

|  |  |
| --- | --- |
| 56 | Step forward on left foot |

**STEP, ½ TURN, STEP, ¼ TURN**

|  |  |
| --- | --- |
| 57 | Step forward on right foot |

|  |  |
| --- | --- |
| 58 | Pivot ½ turn left |

|  |  |
| --- | --- |
| 59 | Step forward on right foot |

|  |  |
| --- | --- |
| 60 | Pivot ¼ turn left |

**JAZZ BOX**

|  |  |
| --- | --- |
| 61 | Cross-step right foot over left |

|  |  |
| --- | --- |
| 62 | Step back on left foot |

|  |  |
| --- | --- |
| 63 | Step to right on right foot |

|  |  |
| --- | --- |
| 64 | Step on left foot next to right |

**REPEAT**