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| Well Swung |  |

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| . | | | | | | |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Daniel Whittaker (UK) - October 2016 | | | | |
| **Music:** | In the Mood (feat. Shoowop Shop) - Swing City : (iTunes) | | | | |
| . | | | | | | |

**NOTE: There are TWO Restarts during walls 4 (3:00 wall) and wall 9 (9:00 wall)**

**START: 32 Count intro (aprox 11 seconds)**

**[1-8] Side together forward, side together back, hitch**

|  |  |
| --- | --- |
| 1-4 | Step right to right side, close left beside right, step right forward, hold 12:00 |

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| --- | --- |
| 5-8 | Step left to left side, close right beside left, step left back, hitch right knee 12:00 |

**[9-16] Right coaster step, Left shuffle forward**

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| --- | --- |
| 1-4 | Step right foot back, close left to right, stpe right forward, hold 12:00 |

|  |  |
| --- | --- |
| 5-8 | Shuffle forward L-R-L, hold 12:00 |

**[17-24] Kick out right, out left, twist right, twist left 12:00**

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| --- | --- |
| 1-4 | Kick right forward, step right out to right side, step left to left side, hold (shoulder width apart) 12:00 |

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| --- | --- |
| 5-8 | Twist right heel inwards towards left, return right heel, twist left heel inwards towards right, return left heel 12:00 |

**[25-32] Cross and heel, cross over unwind ½ turn**

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| --- | --- |
| 1-4 | Cross right over left, step left back left diagonal, touch right heel forward towards right diagonal, hold 12:00 |

|  |  |
| --- | --- |
| 5-8 | Step right in place, step left over right, unwind ½ turn right, end weight on left 06:00 |

**\*\*\* RESTART HERE ON WALL 4 facing 3:00 wall and wall 9 facing 9:00 wall \*\***

**[33-40] Grapevine right, cross rock ¼ turn, hitch**

|  |  |
| --- | --- |
| 1-4 | Step right to right side, cross left behind right, step right to right side, hold 06:00 |

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| --- | --- |
| 5-8 | Rock left over right, recover weight on right, make ¼ turn left stepping forward left, hitch right 03:00 |

**[41-48] ½ hitch, ½ hitch, rock recover run back right, left**

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| --- | --- |
| 1-2 | Make ½ turn left stepping back on right, hitch left 09:00 |

|  |  |
| --- | --- |
| 3-4 | Make ½ turn left stepping forward left, hitch right 03:00 |

|  |  |
| --- | --- |
| 5-6 | Rock right foot forward, recover weight on left foot 03:00 |

|  |  |
| --- | --- |
| 7-8 | Run back right, left 03:00 |

**OPTIONAL INTRODUCTION (start this 16 counts intro 16 counts into the music, aprox 5 seconds)**

**[1-8] Jump out, cross over unwind**

|  |  |
| --- | --- |
| &1-2-3-4 | Step right out, step left out 12:00 |

|  |  |
| --- | --- |
| &5-6-7-8 | Step right in, cross left over right, hold, unwind ½ turn right 06:00 |

**[9-16] Jump out, cross over unwind**

|  |  |
| --- | --- |
| &1-2-3-4 | Step right out, step left out 06:00 |

|  |  |
| --- | --- |
| &5-6-7-8 | Step right in, cross left over right, hold, unwind ½ turn right 12:00 |

**Note: You will end facing 12:00 wall so you can make your own big finish…. Dah Dahhhhh! Enjoy it and have lots of fun!**

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