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| Swing Low Sweet Chariot |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Jo Thompson Szymanski (USA) | | | | |
| **Music:** | 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**

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| --- | --- |
| 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**