|  |  |
| --- | --- |
| Switch It |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 0 | **Wall:** | 4 | **Level:** | Intermediate/Advanced hip hop | . |
| **Choreographer:** | Benjamin Smart (AUS) | | | | |
| **Music:** | Switch - Will Smith | | | | |
| . | | | | | | |

**Sequence: AAAAA, A(1-24), B, A to end**

**SECTION A**

**ISOLATED BODY TURNS WITH SYNCOPATED STEP**

|  |  |
| --- | --- |
| 1 | Twist your lower body from waist down, a ¼ turn left |

|  |  |
| --- | --- |
| 2 | Twist your body from your waist to your shoulders, a ¼ turn left |

|  |  |
| --- | --- |
| 3 | Twist your head a ¼ turn left, weight on right |

|  |  |
| --- | --- |
| & | Step back on left, turn your head right |

|  |  |
| --- | --- |
| 4 | Step right forward, look at 9:00 |

|  |  |
| --- | --- |
| 5 | Step forward left |

|  |  |
| --- | --- |
| 6 | Step forward right |

|  |  |
| --- | --- |
| 7 | Step forward left |

|  |  |
| --- | --- |
| & | Lock right behind left |

|  |  |
| --- | --- |
| 8 | Step left forward |

**½ TURN, ½ TURN, SAILOR STEP, UNWIND**

|  |  |
| --- | --- |
| 1 | Step back on right, turning ½ turn back |

|  |  |
| --- | --- |
| 2 | Hook left behind right |

|  |  |
| --- | --- |
| 3 | Unwind turning ½ turn left with weight on right |

|  |  |
| --- | --- |
| 4 | Ronde left leg to left side |

|  |  |
| --- | --- |
| 5 | Step left behind right |

|  |  |
| --- | --- |
| & | Step right to right side |

|  |  |
| --- | --- |
| 6 | Step left to left side |

|  |  |
| --- | --- |
| 7 | Step right behind left while turning a ¼ turn right |

|  |  |
| --- | --- |
| & | Step left in place |

|  |  |
| --- | --- |
| 8 | Step right diagonally forward |

**CRIP WALK, ROCK & CROSS TWICE**

|  |  |
| --- | --- |
| 1 | Jump on right leg, and place left heel at right instep |

|  |  |
| --- | --- |
| & | Jump on left leg, and place right toe at left instep, moving forward |

|  |  |
| --- | --- |
| 2 | Jump on left leg, and place right heel at left instep, moving forward |

|  |  |
| --- | --- |
| & | Jump on right leg, and place left toe at right instep, moving forward |

|  |  |
| --- | --- |
| 3 | Jump on right leg, and place left heel at right instep, moving forward |

|  |  |
| --- | --- |
| & | Jump on left leg, and place right toe at left instep, moving forward |

|  |  |
| --- | --- |
| 4 | Jump on left leg, and place right heel at left instep, moving forward |

|  |  |
| --- | --- |
| 5 | Rock right to right side |

|  |  |
| --- | --- |
| & | Step left in place |

|  |  |
| --- | --- |
| 6 | Cross right over left |

|  |  |
| --- | --- |
| 7 | Rock left to left side |

|  |  |
| --- | --- |
| & | Step right in place |

|  |  |
| --- | --- |
| 8 | Cross left over right |

**¼ TURN, ½ TURN, ½ TURN BACK, 3 BOUNCES, KICK BALL CHANGE**

|  |  |
| --- | --- |
| 1 | Step right to right side, while turning a ¼ turn right on right toe |

|  |  |
| --- | --- |
| & | Drop right heel |

|  |  |
| --- | --- |
| 2 | Step left to left side, while turning a ½ turn left on left toe |

|  |  |
| --- | --- |
| & | Drop left heel, weight on left |

|  |  |
| --- | --- |
| 3 | Turn a ½ turn left, stepping back on right toe |

|  |  |
| --- | --- |
| & | Drop right heel, weight on right |

|  |  |
| --- | --- |
| 4 | Step left next to right |

|  |  |
| --- | --- |
| 5 | Jump with both feet together, a ¼ turn left |

|  |  |
| --- | --- |
| & | Repeat count 5 |

|  |  |
| --- | --- |
| 6 | Jump with both feet on spot, weight ending on left |

|  |  |
| --- | --- |
| 7 | Kick right foot forward |

|  |  |
| --- | --- |
| & | Step on right foot |

|  |  |
| --- | --- |
| 8 | Step on left |

**SECTION B**

**4 COUNT WAVE**

|  |  |
| --- | --- |
| 1 | Weight still on left foot, put your right up over your head and wave it left |

|  |  |
| --- | --- |
| 2 | Wave your right back to right |

|  |  |
| --- | --- |
| 3 | Wave your right hand back to left |

|  |  |
| --- | --- |
| 4 | Wave your right hand back to right |

**CROSS UNWIND, STEP & SLIDE**

|  |  |
| --- | --- |
| 1 | Rock right foot to right side |

|  |  |
| --- | --- |
| & | Rock weight on to left |

|  |  |
| --- | --- |
| 2 | Cross right over left |

|  |  |
| --- | --- |
| 3 | Unwind a full turn ending with weight on left |

|  |  |
| --- | --- |
| 4 | Step right to right side |

|  |  |
| --- | --- |
| 5 | Tap left next to right |

|  |  |
| --- | --- |
| 6 | Step left to left side |

|  |  |
| --- | --- |
| 7 | Slide right next to left |

|  |  |
| --- | --- |
| 8 | Touch right next to left |

**STEP TAP WITH KNEE SWIVELS WHILE MOVING FORWARD**

|  |  |
| --- | --- |
| 1 | Step diagonally forward on right toe |

|  |  |
| --- | --- |
| & | Drop right heel, weight on right |

|  |  |
| --- | --- |
| 2 | Step diagonally forward on left toe |

|  |  |
| --- | --- |
| & | Drop left heel, weight on left |

|  |  |
| --- | --- |
| 3 | Step diagonally forward on right toe |

|  |  |
| --- | --- |
| & | Twist right knee to left side |

|  |  |
| --- | --- |
| 4 | Twist right knee to right side |

|  |  |
| --- | --- |
| & | Drop right heel |

|  |  |
| --- | --- |
| 5-8 | Repeat counts 1 to 4 with left leg |

|  |  |
| --- | --- |
| & | Drop left heel |

**2 X LOCK CROSS BACK, COASTER STEP, JUMP HEEL STEPS**

|  |  |
| --- | --- |
| 1 | Step diagonally back on right |

|  |  |
| --- | --- |
| & | Cross left over right |

|  |  |
| --- | --- |
| 2 | Step back on right |

|  |  |
| --- | --- |
| 3 | Step diagonally back on left |

|  |  |
| --- | --- |
| & | Cross right over left |

|  |  |
| --- | --- |
| 4 | Step back on left |

|  |  |
| --- | --- |
| 5 | Step back on right leg |

|  |  |
| --- | --- |
| & | Step left next to right |

|  |  |
| --- | --- |
| 6 | Step right foot forward |

|  |  |
| --- | --- |
| 7 | Jump on left leg and place right heel out to front |

|  |  |
| --- | --- |
| & | Jump on right leg and place left heel out to front |

|  |  |
| --- | --- |
| 8 | Jump on left leg and place right heel out to front |

**CROSS LUNGE TURN, HEEL JUMPS**

|  |  |
| --- | --- |
| 1 | Rock right out to right side |

|  |  |
| --- | --- |
| & | Step left in place |

|  |  |
| --- | --- |
| 2 | Cross right over in front of left |

|  |  |
| --- | --- |
| 3 | Rock on left leg in a lunge position to left side |

|  |  |
| --- | --- |
| & | Turn a ½ turn left, traveling to 6:00 wall |

|  |  |
| --- | --- |
| 4 | Step on left leg |

|  |  |
| --- | --- |
| 5 | Cross right over in front of left |

|  |  |
| --- | --- |
| 6 | Step on left |

|  |  |
| --- | --- |
| 7 | Facing 4:30, jump on right leg & place left heel out in front |

|  |  |
| --- | --- |
| & | Jump on left leg, place right heel out in front |

|  |  |
| --- | --- |
| 8 | Jump on right leg, place left heel out in front |

**CROSS OVERS, HEEL JUMPS, JUMPING TURNS**

|  |  |
| --- | --- |
| 1 | Cross left in front of right |

|  |  |
| --- | --- |
| 2 | Step right to right side |

|  |  |
| --- | --- |
| 3 | Jump on left leg, placing right heel out at 1:30 |

|  |  |
| --- | --- |
| & | Jump on right leg, placing left heel out at 1'30 |

|  |  |
| --- | --- |
| 4 | Jump on left leg, placing right heel out at 1'30 |

|  |  |
| --- | --- |
| 5 | Cross right over left |

|  |  |
| --- | --- |
| 6 | Step left next to right |

|  |  |
| --- | --- |
| 7&8 | Weight on both feet jump a 1/8 turn to the left with the counts 7&8 |

**Repeat hand waves at beginning of Section B**