

# Swifty Feet

**Count:** 32

**Wall:** 1

**Level:** Absolute Beginner

**Choreographer:** Yovana Russell (CAN) - March 2020

**Music:** Pick Her Up (feat. Travis Tritt) - Hot Country Knights



## Heel touch Front (R) (L) (R) (L)

- 1-2 Right heel touch front, recover back beside L foot
- 3-4 Left heel touch front, recover back beside R foot
- 5-6 Right heel touch front, recover back beside L foot
- 7-8 Left heel touch front, recover back beside R foot

## Heel cross / hook (R) (L)

- 1-4 Touch R heel to the side diagonally, hook R foot in front of L foot with toe touch, touch R heel out to the side diagonally, step on R foot next to L foot
- 5-8 Touch L heel to the side diagonally, hook L foot in front of R with toe touch, touch L heel out to the side diagonally, step on L foot next to R foot

## Rocking horse x2

- 1-2 Rock forward onto R foot, toe touch back with L
- 3-4 Rock back onto L foot, toe touch front with R
- 5-6 Rock forward onto R foot, toe touch back with L
- 7-8 Rock back onto L foot, toe touch front with R

## Rocking Chair

- 1-8 Rock R foot forward, rock R foot backwards x2

(Optional: Pivot on 5 6-7-8 onto 2 half turns)

Restart on 10th start of dance (or 10th wall)

## \*\*\*4 Walls options at the end on 5-6-7-8

### Pivot ½ , then ¼ turn

- 5-6 Right foot touch frwd, pivot ½ onto left shoulder,
- 7-8 Right foot touch frwd, ¼ turn onto left shoulder.