## Swing (Quick step \& Fox trot)

Count: 108
Wall: 1
Level: Improver
Choreographer: Michel Bourré (CAN) - November 2020
Music: Swing Out - Michael Andrew \& Swingerhead


Intro: 16 counts Quick Step : Sections 1 to 7
Section 1: Walk forward + Progressive chasse to the Left
1-2-3-4 Three steps walk fwd: $L, R, L$, (at 4) $R$ together $L$.
5\&6\&7-8 $L$ side, $R$ togther $L, L$ side, $R$ together $L, L$ side, $R$ touch $L$.
Section 2: Walk backward + Progressive chasse to the Right
1-2-3-4 Three steps walk back: $R, L, R$, (at 4) $L$ together $R$.
5\&6\&7-8 $\quad R$ side, $L$ togther $R, R$ side, $L$ together $R, R$ side, $L$ touch $R$.
Section 3+4:Reach turn to R, fwd chasse, fwd break, Point side ,Touch
1-2-3\&4 $\quad L$ step fwd, $R$ stay in place $+1 / 2$ turn to $R, L R L$ chasse fwd

5-6\&7-8 $\quad R$ step fwd, recover $L,(\&) R$ together $L$, $L$ point to side + touch $R$.
Section 5 : Chasse side $1 / 4$ to L ,Reach Turn $1 / 2$ to L, Chasse Fwd, Reach turn $1 / 2$ to R.
1\&2 $\quad L$ side, R together , L step fwd $1 / 4$ turn to $L$
3-4 $\quad R$ step fwd, $L$ stay in place $1 / 2$ turn to $L$
5\&6-7-8 $\quad R L R$ chasse fwd , $L$ step fwd , $R$ stay in place $1 / 2$ turn to $R$

## Section 6 : Chasse side Fwd break

| 1\&2-3-4 | $L$ side $1 / 4$ turn to $R, R$ together $L, L$ side, $R$ step fwd, $L$ recover in place |
| :--- | :--- |
| $5 \& 6-7-8$ | $R$ side, $L$ together $R, R$ side, $L$ step fwd, $R$ recover in place. |



Section 2: repeat Section 1 for x 3 more times
Section 3: Reach turn + chasse

| 1-2-3\&4 | $L$ step fwd,$R$ stay in place $1 / 2$ turn to $R$, chasse fwd $L R L$ |
| :--- | :--- |
| $5-6-7 \& 8$ | $R$ step fwd,$L$ stay in place $1 / 2$ turn to $L$, chasse fwd $R L R$ |

Section 4: Side Together Side Touch To L + R, fwd rock ,together\& fwd heel touch
1-2-3-4 $\quad L$ side,$R$ together $L, L$ side,$R$ touch $L$

5-6-7-8 $\quad R$ side , $L$ together $R, R$ side, $L$ touch $R$
9-10-11 $L$ step fwd, $R$ in place, $L$ together $R$
\&-12 $\quad R$ stay in place, $L$ with heel touch fwd.

## Sequence to Dance :

- Dance $3 \times$ rounds of Quick step : 1st round see *note as TAG
- Continue with 1 round Foxtrot
- Restart Quick step 1 round
- End with : fwd break together point side

1-2-3\&4 $\quad L$ step fwd, $R$ stay in place, $L$ together $R, R$ stay in place, $L$ point to side.
For more in others languages : Vietnames and Chinese , please Email : lichili.vuong@gmail.com
Last Update - 27 Nov. 2020

