

# Swinging

**Count:** 48

**Wall:** 2

**Level:** Improver

**Choreographer:** Linda Cook (UK) - October 2020

**Music:** I'm Swinging - Carol Stevens : (Album: I'm Swinging - Amazon)



## **Step. Lock. Shuffle Forward. Rock Forward. Recover. Shuffle Half Turn.**

- 1 - 2 Step forward Right. lock Left behind Right.
- 3&4 Shuffle forward stepping - Right. Left. Right.
- 5 - 6 Rock forward on Left . recover back on Right.
- 7&8 Shuffle half turning Left stepping - Left. Right. Left.

## **Step. Lock . Shuffle Forward. Rock Forward. Recover. Sailor Quarter Turn Left.**

- 1 - 2 Step forward Right. lock Left behind Right.
- 3&4 Shuffle forward stepping - Right. Left. Right.
- 5 - 6 Rock forward on Left. recover back on Right.
- 7&8 Turn quarter Left stepping - Left. Right. Left. (this describes a quarter turn into a chasse Left not a sailor quarter turn)

## **Cross Rock. Recover. Chasse Right. Rock Back. Recover. Kick-Ball-Cross.**

- 1 - 2 Cross rock Right over Left. recover back on Left.
- 3&4 Chasse to Right stepping - Left. Left. Right
- 5 - 6 Rock back on Left. recover forward on Right,
- 7&8 Kick Left foot. step onto Left. cross over with Right

## **Side. Behind. Ball-Step. Cross. Kick-Ball-Change. Paddle Quarter Turn**

- 1 - 2 Step Left to Left side. step behind with Right.
- &3-4 Step onto ball of Left foot. cross Right over. step Left to side.
- 5&6 Kick Right. step onto ball of Right foot. step onto Left foot.
- 7 - 8 Step forward Right. quarter turn Left

## **Cross Point. Cross. Point. Rock Forward. Recover. Coaster-Step.**

- 1 - 2 Cross Right over Left. point Left to Left side.
- 3 - 4 Cross Left over Right. point Right to Right side.
- 5 - 6 Rock forward on Right. back on Left.
- 7&8 Step back Right. Step Left beside Right. Step forward Right.

## **Rock Forward. Recover. Shuffle Half Turn. Jazz-Box.**

- 1 - 2 Rock forward Left. recover back on Right.
- 3&4 Shuffle half turn Left stepping - Left. Right. Left.
- 5 - 8 Cross Right over. step back on Left. step Right to Right side. touch Left foot to Right foot.

## **Start Again**

### **Tag on walls 2,4,6,9**

**Repeat cross points x2 rock recover coaster step. rock recover. shuffle half turn Left kick ball change. walk Right on Left.**

### **Restarts:-**

**On wall 5&8 after 32 counts (after paddle steps)**

**On wall 10 dance to counts 28 then sailor quarter turn step Left across Right. on the diagonal finish**

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