

Swing Cha

Count: 16

Wall: 4

Level: Beginner

Choreographer: Kitty Russell (USA) - May 2022

Music: The Tide Is High - Atomic Kitten



Am I Right by Asleep at the Wheel (start at vocals)
Bonaparte's Retreat by Glen Campbell (start at vocals; use option)
Belle of Liverpool by Derek Ryan (start at vocals)
Gimme A Ride to Heaven by Jim Morris (start at vocals)
Hello My Name Is by Matthew West (start after "Hello my name is re" at "gret"; use option)
Miles & Miles of Texas by Asleep at the Wheel (start at vocals; use option)
Ring of Fire by Johnny Cash (start at vocals; use option)
Rivers of Babylon by Boney M (start at "Babylon")
That Don't Bother Me by Catherine Britt (start right away; use option)

(Start at vocals) right lead

TRIPLE UP X2

1&2 Triple step R (1), L (&), R (2) forward
3&4 Triple step L (3), R (&), L (4) forward

ROCK UP, RECOVER TRIPLE ½ TURN RIGHT

5-6,7&8 Rock R forward (5), recover on L (6), triple R (7), L (&), R (8) in a turn ½ to right (6:00)

ROCK UP, RECOVER, TRIPLE ½ TURN LEFT

1-2, 3&4 Rock L forward (1), recover on R (2), triple L (3), R (&), L (4) in a turn ½ to left (12:00)

JAZZ BOX 1/4 RIGHT

5-8 Step R across L (5), step L back (6), step R to right turning 1/4 right (3:00) (7), step L (8)

Restart

Option: Add at end:

ROCK BACK, RECOVER

1-2 Rock R back (1), recover on L (2)

or:

JAZZ BOX IN PLACE

1-4 Step R across L (1), step L back (2), step R to right (3), step L (4)

Last Update: 30 May 2022