

# Swinging Fast

**COPPER KNOB**  
STEPSHEETS

**Count:** 48

**Wall:** 4

**Level:** Intermediate east coast swing

**Choreographer:** Nancy Morgan (USA)

**Music:** I Ain't No Quitter - Shania Twain



## **SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP**

- 1&2 Right side shuffle - step right to right side, put left next to right, step right to right side
- 3-4 Rock step - rock/step back on left and forward on right
- 5&6 Left side shuffle - step left to left side, put right next to left, step left to left side
- 7-8 Rock step - rock/step back on right and forward on left

## **SHUFFLE FORWARD, KICK TWICE, SHUFFLE BACK, TOUCH BACK, CLAP**

- 1&2 Shuffle forward - right, left, right
- 3-4 Kick left foot forward two times
- 5&6 Shuffle back - left, right, left
- 7-8 Touch right toe back, clap

## **TWO KICK-BALL-CHANGES, FOUR SWIVEL STEPS FORWARD**

- 1&2 Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right
- 3&4 Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right
- 5-6 Swivel on ball of left foot as you step diagonally forward (toward 1:00) on right, swivel on ball of right as you step diagonally forward (toward 11:00) on left
- 7-8 Swivel on ball of left foot as you step diagonally forward (toward 1:00) on right, swivel on ball of right as you step diagonally forward (toward 11:00) on left

## **SKIP BACK FOR 4 COUNTS, BACK ROCK, STEP FORWARD, PIVOT ¼ TURN TO LEFT**

- &1 Hop back on left, step right behind left
- &2 Hop back on right, step left behind right
- &3 Hop back on left, step right behind left
- &4 Hop back on right, step left behind right
- 5-6 Rock back on right and forward on left
- 7-8 Step forward on right, turn ¼ turn to left (weight is on left)

## **TOE STRUTS, SLOW COASTER**

- 1-2 Touch right toe forward, drop heel as you put your weight on it
- 3-4 Touch left toe forward, drop heel as you put your weight on it
- 5-6-7-8 Step back on right, step back on left, step forward on right, step forward on left

## **TOE STRUTS, JAZZ BOX SQUARE**

- 1-2 Touch right toe forward, drop heel as you put your weight on it
- 3-4 Touch left toe forward, drop heel as you put your weight on it
- 5-6-7-8 Cross right over left, step back on left, step right to right side, step forward on left

## **REPEAT**