# Swing Cha

| **Compte:** 16 | **Mur:** 4 | **Niveau:** Beginner |
|---|---|---|

**Chorégraphe:** Kitty Russell (USA) - May 2022
**Musique:** 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**