

La Det Swinge (Let It Swing)

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Sandi Kellerblock (NOR) - February 2025

Musique: La Det Swinge - Bobbysocks



Dance begins after 32 counts

Tag 1 during 4. wall : Dance the first 8 counts, change count 8 to a touch, do a R & L step touch, then restart the dance at 6 o'clock.

Tag 2 after 9. wall facing 9 o'clock: Step right foot fwd (small step), both hands on your heart with some movements for 8 counts, then restart. Last wall at 3 o'clock, ends after 16 counts at 12 o'clock.

S1: R vine, touch, L vine, ¼ turn L, brush

- 1-4 Step RF R, Cross LF behind R, step RF R, touch LF beside RF
- 5-8 Step LF L, step RF behind L, ¼ turn L, step LF fwd, brush RF beside LF

S2: R lockstep, brush, L lockstep, touch

- 1-4 Step RF diagonal R, lock LF behind RF. step RF fwd, LF brush beside RF
- 5-8 Step LF diagonal fwd, lock RF behind LF. Step LF fwd. Touch RF beside LF

S3: Diagonal back, RLRL with touch and clap

- 1-4 Step RF diagonal back, LF touch beside RF/clap, step LF diagonal Back, touch RF beside LF/clap
- 5-8 Step RF diagonal back, LF touch beside RF/clap, step LF diagonal back, RF touch beside LF/clap

S4: ½ Monterey turn

- 1-2 Touch R toe to right, make a ¼ turn R on ball of LF, step RF next to LF
- 3-4 Touch L toe to L, step LF beside RF
- 5-6 Touch R toe to right, make a ¼ turn R on ball of LF, step RF next to LF
- 7-8 Touch L toe to Left, step LF beside RF

This dance was made for 3T, the largest fitness-center in Central Noway, both the center and «La det swinge» is 40 years in 2025 Hope you like it, have fun