

# Swingin' R's

Compte: 0

Mur: 1

Niveau: Intermediate / Advanced

Chorégraphe: Rob "I" Ingenthron (USA) & Robert Royston (USA)

Musique: Jump, Jive & Wail - The Brian Setzer Orchestra



Sequence: (For "Jump, Jive, And Wail") A, B1, B2, A, B1, B2, A, B1, B2 etc

## PART A

### SUZIE Q'S (TRAVELING HEEL GRINDS)

- 1 Step across (in front of) left onto right heel - toe should be pointed at 45 degrees to left  
**The left foot should remain in line with right foot and behind it. Feet stay in 4th foot position throughout this section**
- 2 Keeping weight on right heel and keeping the left foot in line behind the right foot, swivel on the right heel so that the left foot moves to the left, stays in line with the right and the right toe is now pointing diagonally to the right
- 3-8 Repeat counts 1-2 three more times
- Optional hands: Put your arms down in front of you, palms parallel to the floor. Twist the wrists side to side so the fingers always point the same direction as the toes.**

### TAP STEPS

- 9 Rock forward onto right  
**Optional hands: Put hands out to the sides, palm down, in a "Ta-Daa" move like you might see from a tap dancer.**
- 10 Rock back onto left
- 11 Brush right foot forward quickly (on spot where you rocked)
- & Brush right foot back toward yourself quickly (on spot where you rocked)
- 12 Step down on right foot (somewhere close to the left foot)
- & Step on left (somewhere next to right foot)
- 13-16& Repeat 9-12&

### LINDY OR CHARLESTON KICKS

- 17 Kick forward with right foot
- 18 Bring right foot back next to left (without stepping or touching the ground) and turn ½ turn to right on left foot
- 19 Finishing the ½ turn, right-kick forward with right foot
- 20 Step right foot next to left
- 21 Left-kick with left foot
- 22 Bring left foot back next to right (without stepping or touching the ground) and turn ½ turn to left on right foot
- 23 Finishing the ½ turn, left-kick forward with left foot
- 24 Step on left next to right

### KICKS, VINE (MOVING BACK A LITTLE)

- 25 Small kick to right with right foot (keep toe pointed to right)
- 26 Step with right crossing behind left to start vine moving to left (and moving back a little)
- 27 Step to left with left
- 28 Step with right crossing over (in front of) left moving to left
- 29 Small kick to left with left foot (keep toe pointed to left)
- 30 Step with left foot crossing behind right to start vine moving to right (and moving back a little)
- 31 Step to right with right (moving back a little)
- 32 Step with left crossing over (in front of) right moving to right (moving back a little)

**You want to be back at your starting point on the floor when you get to this count. Since the Suzie Qs moved you to the left, make the second vine (counts 30-32) a little bit bigger than the first (counts 26-28) and you**

should be back where you started.

### **HALF-TIME BOX STEP (WITH A SLIGHT ADDED BOUNCE WITH THE BEAT)**

- 33 Cross right foot over left (weight ends on right)
- 34 Hold
- 35 Step back on left foot
- 36 Hold
- 37 Step to right on right foot
- 38 Hold
- 39 Step forward on left foot

### **BOOGIE WALKS**

- 40 Small kick out to right with right foot (keep leg straight with foot pointed to right)
- &41 Step right next to left, small step forward with left (Right knee should be bent behind left. Weight should be on outside edge of left foot. The right knee pushes on the left to make it bend forward and outward.)
- 42 Small step forward with right (weight should be on outside edge of right foot with left knee pressing against the right, pushing it forward and outward.)
- 43 Small step forward with left (weight should be on outside of left foot with right knee pressing against the left, pushing it forward and outward.)
- 44-47 Repeat counts 40-43
- 48 Small step forward with right

### **PART B**

#### **SAVOYS (OR CHARLESTONS AS AN ALTERNATIVE)**

- 1 Big kick forward with left (not above waist) "bouncing" very slightly on the right foot at the same time
- 2 Step down on left foot next to right foot (continuing the "bouncing" movement with the beat)
- 3 Big kick forward with right foot (not above waist)
- 4 Touch right foot next to left foot (continuing the "bouncing" movement with the beat)
- 5 Kick right foot back
- 6 Bring right foot toward left, kicking the left foot forward at the last instant and stepping down on the right foot in the spot the left foot was just in. (So the right foot replaces the left in its spot on the floor with a little kick-step move.)
- 7 Start to bring the left leg from in front of you to behind you (should be a slightly rounded movement.)
- 8 Touch the left toe back
- 9-16 Repeat 1-8

#### **SHUFFLE CLAPS - FORWARD, CLAP, BACK, CLAP, FORWARD, FORWARD, FORWARD CLAP**

- &17 Keeping feet shoulder-width apart and knees bent, hop forward with the left foot, then right foot
- 18 Clap
- &19 Keeping feet apart and knees bent, hop backward with the right foot then left foot
- 20 Clap
- &21&22&23 Keeping feet apart and knees bent, hop forward as right-left, right-left, right-left
- 24 Clap

#### **SHUFFLE CLAPS - BACKWARD, CLAP, FORWARD, CLAP, BACK, BACK, BACK, CLAP**

- &25 Keeping feet shoulder-width apart and knees bent, hop backward with right foot, then left foot
- 26 Clap
- &27 Keeping feet apart and knees bent, hop forward with the right foot then left foot
- 28 Clap
- &29&30&31 Keeping feet apart and knees bent, hop backward as right-left, right-left, right-left
- 32 Clap

### **MOVE TO THE RIGHT (ONE-FOOT SHUFFLE)**

33-35 Keep left foot planted. Touch right toe diagonally forward right then farther diagonally forward right, then farther yet diagonally forward right

**Each placement travels further and further, so the movements should be small**

36 Swivel to the left on balls of both feet

### **MOVE TO THE LEFT (ONE-FOOT SHUFFLE)**

37-39 Keep right foot planted. Touch right toe diagonally forward left then farther diagonally forward left, then farther yet diagonally forward left

**Each placement travels further and further, so the movements should be small**

40 Hold

**There are two possible endings to Part B. The first makes it B1, and causes you to end with weight on your right foot (ready to do another Part B). The second makes it B2, and causes you to end with weight on your left foot (ready to do Part A).**

### **B1 ENDING**

#### **PIGEON HEAD**

**You are still facing diagonally to the left of where this Part B started**

41& From the current position, do not move feet. "bob" the head forward using the neck on count 41, then back on the & count

**The head should be up the entire time, only moving forward and back**

41&43&44& Repeat 41& three more times

### **SWIVEL WALK TO HIT (END ON OPPOSITE WALL)**

45 Step on right foot with toe pointed out (directly at the wall where you started this part b)

& Pivot ½ turn left on ball of right foot

46 Step on left foot with toe pointed out

47 Step onto right foot (in vaudeville or tap dance fashion) so that the weight is completely on the right foot and the left leg is raised off the floor behind you and your arms are out. (you should be leaning forward a little.)

48 Hold

### **B2 ENDING**

#### **"PIMP" WALK**

**You are still facing diagonally to the left of where this Part B started**

41 Bending knees a little and bending over a little for style, step right so that right foot points forward, swing right arm back (kind of far behind you)

42 Hold steps, but click fingers (right hand)

43 Staying with the "swingin'" bent over styling, step left foot so that left is ¼ turn to left, swinging right arm to be in front of you

44 Click fingers while holding steps

45 Step right somewhere near the left, swing right arm back

46 Click fingers while holding steps

47 Step left foot so that left is ¼ turn to the left, swinging the right arm forward

48 Click the fingers while holding steps

**This last 8-count section should be done with a little "bounce" to look cool, like the "Zoot Suits" of old**

### **HITTING THE BREAKS ON COUNTS 33 AND 37 WHEN USING "JUMP JIVE AN' WAIL":**

**You'll be doing the "Move To The Right" section and the "Move To The Left" section. The easiest way to accent this is to do one foot movement to the right, then hold two more counts for the break, then one foot movement to the left, then hold for two more counts for the break, then continue with the "Pigeon Head" section**

**You will be basically doing the above sections minus two foot movements on each side. This only happens once late in the song. It's no big deal if you don't do it. It's just accenting the music. You can also occasionally hold on the tap step section, skipping the scuffing part for a little different style throughout the dance.**

