

# Swing Fling (Country Swing)

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Richard Rogers (USA) & Nancy Rogers (USA) - April 2025  
音乐: Isn't She Country - LOCASH



Other Music: Any music suitable for country swing.

Note: No tags or restarts. There is one 4-count starter step to help shift weight back onto the correct foot. A back step in country swing is tricky - think of it as a push step, or boing step (like the rebound at the end of a bungee cord stretch). Dance on the balls of your feet, take small steps, and step back with the intention of reversing direction. Step forward smoothly on the "quick" that follows the "slow" step.

Starting Position: Face the starting wall with weight on LF.

## STARTER STEP (Use only once at the beginning of the dance)

1-4      Sway R (1), sway L (2), step back on RF (3), hold (4)

## [1-8] BASIC FORWARD LF / BASIC FORWARD RF

1-4      Step LF forward (1), pivot 1/2 L on ball of LF and step back on RF (2), step back on LF (3), hold (4)  
5-8      Step RF forward (5), pivot 1/2 R on ball of RF and step back on LF (6), step back on RF (7), hold (8)

## [9-16] STEP L, CLOSE, STEP L AND SWEEP RF FORWARD (QQS) / STEP R, CLOSE, STEP R AND SWEEP LF FORWARD (QQS)

1-4      Step LF to L (1), step RF beside LF (2), step LF to L and sweep RF forward and tap R toe (3-4)  
5-8      Step RF to R (5), step LF beside RF (6), step RF to R and sweep LF forward and tap L toe (7-8)

## [17-24] COASTER BACK (QQS) / ROCK RECOVER, TURN 1/4 R AND STEP R WITH PREP (QQS)

1-4      Step LF back (1), step RF beside LF (2), step LF forward (3), hold (4)  
5-8      Rock RF forward (5), recover on LF in place (6), snappy 1/4 turn R and step RF to R (7), hold (8)

NOTE: Leave L toe lightly on floor to L. Assume contra body position for counts 7-8 as prep for upcoming turns.

## [25-32] FULL TURN L WITH CROSS (QQQQ) / SLOW HIPS L, STEP RF BACK, HOLD (SS)

1-4      Turn 1/4 L to face starting wall and step on LF (1), step RF beside LF and spin 1/2 L on ball of RF (2), turn 1/4 L and step LF to L (3), step RF across LF (4)

NOTE: You should be facing the 3:00 wall on counts 3-4.

5-8      Step LF to L and sway hips L (5-6), step back on RF (7), hold (8)

## START OVER

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