

# SWING IT

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**Count:** 60

**Wall:** 2

**Level:** intermediate/advanced

**Choreographer:** Fred Knopp

**Music:** Swing by Trace Adkins

## RIGHT SAILOR STEP, LEFT SAILOR STEP, PIVOT HALF TURN RIGHT, LEFT CROSS RIGHT SIDE, LEFT TOUCH, LEFT SIDE, RIGHT CROSS, LEFT SIDE, RIGHT TOUCH

- 1&2** Step right behind left, step left to left, step right to right
- 3&4** Step left behind right, step right to right, step left to left
- &5** Pivot ½ turn right & step on right, step left over right
- &6** Step right to right, touch left heel at diagonal left
- &7** Step left to left, step right over left
- &8** Step left to left, touch right heel at diagonal right

## RIGHT SAILOR STEP, LEFT SAILOR STEP, PIVOT HALF TURN RIGHT, LEFT CROSS RIGHT SIDE, LEFT TOUCH, LEFT SIDE, RIGHT CROSS, LEFT SIDE, RIGHT TOUCH

- 9&10** Step right behind left, step left to left, step right to right
- 11&12** Step left behind right, step right to right, step left to left
- &13** Pivot ½ turn right & step on right, step left over right
- &14** Step right to right, touch left heel at diagonal left
- &15** Step left to left, step right over left
- &16** Step left to left, touch right heel at diagonal right

## HEEL TWIST, LEFT SAMBA SHUFFLE FORWARD, HEEL TWIST, RIGHT SAMBA SHUFFLE FORWARD, HEEL TWIST, LEFT SIDE ROCK, HALF TURN RIGHT, LEFT SIDE ROCK/ STEP

- &** Step right next to left & twist left heel in
- 17&18** Step left forward & left heel twisted in, step right next to left, step left forward & left heel twisted in
- &** Twist left heel back & twist right heel in
- 19&20** Step right forward & right heel twisted in, step left next to right, step right forward & right heel twisted in
- &** Twist right heel back & twist left heel in

21-22 Rock / step left to left & left heel twisted in, rock onto right & pivot  $\frac{1}{2}$  right

23-24 Rock / step left to left, rock on right

**LEFT BEHIND, RIGHT SIDE, LEFT CROSS, QUARTER PIVOT RIGHT, RIGHT HEEL-BALL-STEP, RIGHT FORWARD PIVOT HALF TURN LEFT, RIGHT FORWARD, LEFT APART**

25&26 Step left behind right, step right to right, step left across right

& Pivot  $\frac{1}{4}$  right on left

27&28 Tap right heel forward, step right next to left, step left forward

29-30 Step right forward, pivot  $\frac{1}{2}$  turn left

31-32 Step right forward, step left to left (shoulder width apart)

**TWIST HEELS QUARTER LEFT, TWIST HEELS HALF RIGHT, LEFT FORWARD, PIVOT HALF TURN RIGHT, LEFT FORWARD, RIGHT FORWARD, PIVOT HALF TURN LEFT, RIGHT FORWARD**

33 Twist heels  $\frac{1}{4}$  left (point right hand over left shoulder holding 1 finger up)

34 Twist heels  $\frac{1}{2}$  right (weight on right)

35-36 Step left forward, pivot  $\frac{1}{2}$  turn right

37-38 Step left forward, step right forward

39-40 Pivot  $\frac{1}{2}$  turn left, step right forward

**TWIST HEELS HALF LEFT, TWIST HEELS HALF RIGHT, LEFT ROCK/ STEP FORWARD, ROCK BACK, RIGHT HALF TURN LEFT, LEFT FORWARD, RIGHT APART, SWING RIGHT KNEE OUT IN OUT**

41 Twist heels  $\frac{1}{2}$  left (point right hand forward holding 2 finger up)

42 Twist heels  $\frac{1}{2}$  right (weight on right)

43-44 Rock / step left forward, rock back on right with  $\frac{1}{2}$  turn left

45-46 Step left forward, step right to right (shoulder width apart with weight on left)

47&48 Push right knee out, in, out leaning right swing right hand & click right fingers when knee out

**SWING RIGHT KNEE IN OUT, HOLD, RIGHT BEHIND, LEFT SIDE WITH QUARTER TURN LEFT, RIGHT FORWARD, PIVOT HALF TURN LEFT, LEFT ROCK/ STEP WITH QUARTER TURN RIGHT**

&49-50 Push right knee in, out (swing right hand & hold 3 fingers out when knee out), hold

**51&52** Step right behind, step left to left with  $\frac{1}{4}$  turn left, step right forward

**53-54** Pivot  $\frac{1}{2}$  turn left, step forward right

**55-56** Rock / step forward left with  $\frac{1}{4}$  turn right, rock on right

**LEFT ROCK/ STEP OVER RIGHT, RIGHT STEP, LEFT STEP, RIGHT ROCK/ STEP OVER LEFT, LEFT STEP, RIGHT STEP, LEFT STOMP**

**57&58** Rock / step left over right, step back on right, step left to left

**&59&60** Rock / step right over left, step back on left, step right to right, stomp left next to right

**REPEAT**

**TAG**

**At the end of the 3rd and 5th reps keep weight on the right foot and add the tag**

**LEFT ROCK/ STEP OVER RIGHT, RIGHT STEP, LEFT STEP, RIGHT ROCK/ STEP OVER LEFT, LEFT, STEP, RIGHT STEP, LEFT STOMP**

**1&2** Rock / step left over right, step back on right, step left to left

**&3&4** Rock / step right over left, step back on left, step right to right, stomp left next to right