

SWINGING FAST

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Count: 48

Wall: 4

Level: intermediate east coast swing

Choreographer: Nancy A. Morgan-Fletcher

Music: I Ain't No Quitter by Shania Twain

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

- 1&2** Right side shuffle - step right to right side, put left next to right, step right to right side
- 3-4** Rock step - rock/step back on left and forward on right
- 5&6** Left side shuffle - step left to left side, put right next to left, step left to left side
- 7-8** Rock step - rock/step back on right and forward on left

SHUFFLE FORWARD, KICK TWICE, SHUFFLE BACK, TOUCH BACK, CLAP

- 1&2** Shuffle forward - right, left, right
- 3-4** Kick left foot forward two times
- 5&6** Shuffle back - left, right, left
- 7-8** Touch right toe back, clap

TWO KICK-BALL-CHANGES, FOUR SWIVEL STEPS FORWARD

- 1&2** Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right
- 3&4** Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right
- 5-6** Swivel on ball of left foot as you step diagonally forward (toward 1:00) on right, swivel on ball of right as you step diagonally forward (toward 11:00) on left
- 7-8** Swivel on ball of left foot as you step diagonally forward (toward 1:00) on right, swivel on ball of right as you step diagonally forward (toward 11:00) on left

SKIP BACK FOR 4 COUNTS, BACK ROCK, STEP FORWARD, PIVOT ¼ TURN TO LEFT

- &1** Hop back on left, step right behind left
- &2** Hop back on right, step left behind right
- &3** Hop back on left, step right behind left
- &4** Hop back on right, step left behind right
- 5-6** Rock back on right and forward on left

7-8 Step forward on right, turn ¼ turn to left (weight is on left)

TOE STRUTS, SLOW COASTER

1-2 Touch right toe forward, drop heel as you put your weight on it

3-4 Touch left toe forward, drop heel as you put your weight on it

5-6-7-8 Step back on right, step back on left, step forward on right, step forward on left

TOE STRUTS, JAZZ BOX SQUARE

1-2 Touch right toe forward, drop heel as you put your weight on it

3-4 Touch left toe forward, drop heel as you put your weight on it

5-6-7-8 Cross right over left, step back on left, step right to right side, step forward on left

REPEAT