

# SWOLKA

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**Count:** 64

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Gerard Murphy & Liz Clarke

**Music:** Itch by Jenny Kerr Band

## SHUFFLE BACK RIGHT, LEFT COASTER STEP, STEP BALL X 3 FORWARD, STEP FORWARD RIGHT

**1&2-3&4** Shuffle back stepping right, left, right, step back left & step right beside left, step forward left

**5&6&7&8** Step forward right & step left behind right x 3, step forward right

## STEP PIVOT ½ RIGHT, TRIPLE ½ RIGHT, SWEEP ½ RIGHT, RIGHT COASTER STEP

**1-2-3&4** Step forward left, pivot ½ turn right, triple ½ right stepping left, right, left

**5-6-7&8** Sweep right foot from front to back while turning ½ right (2 counts), step back right & step left beside right, step forward right

## SIDE SHUFFLE, CROSS HOLD TWICE

**1&2-3-4** Step left to left & step right beside left, step left to left, cross right foot over left & hold

**5&6-7-8** Repeat above 4 counts

## SIDE ROCK RECOVER CROSS, STEP SIDE HOLD & SIDE HOLD & SIDE HOLD

**1&2-** Rock left to left side & recover on right, cross step left over right

**3-4&** Step right to right side, hold & quickly bring left beside right

**5-6&** Step right to right side, hold & quickly bring left beside right

**7-8** Step right to right side, hold

## SHUFFLE FORWARD LEFT, RIGHT FORWARD COASTER STEP, TRIPLE ½ LEFT, ¼ PIVOT CROSS

**1&2-3&4** Shuffle forward stepping left, right, left, step forward right & step left beside right, step back right

**5&6-7&8** Triple ½ turn left, stepping left, right, left, step forward right pivot ¼ turn left, cross step right over left

## STEP ¼ RIGHT, STEP ½ RIGHT, TRIPLE ½ RIGHT, SWEEP ½ RIGHT, RIGHT COASTER STEP

**1-2-3&4** Step back on left foot turning  $\frac{1}{4}$  right, step back on right foot while turning  $\frac{1}{2}$  right, triple  $\frac{1}{2}$  right stepping left, right, left

**5-6-7&8** Sweep right foot from front to back while turning  $\frac{1}{2}$  right (2 counts), step back right & step left beside right, step forward right

### **ROCK RECOVER, TRIPLE $\frac{1}{2}$ RIGHT, TRIPLE $\frac{1}{2}$ RIGHT, STEP BACK LEFT, TOUCH RIGHT FORWARD**

**1-2-3&4** Rock forward left, recover right, triple  $\frac{1}{2}$  turn left stepping left, right, left

**5&6-7-8** Triple  $\frac{1}{2}$  left stepping right, left, right, step back on left, touch right toe forward

### **AND STEP POINT HOLD & STEP POINT HOLD & STEP POINT & STEP POINT & STEP POINT & STEP KICK**

**&1-2&3-4** And quickly step right beside left, point left toe forward, hold, & step left beside right & point right toe forward, hold

**&5&6&7** And step right beside left, point left toe forward, & step left beside right, point right toe forward, & step right beside left, point left toe forward

**&8** And step left beside right, kick right foot forward

**Move slightly forward on these 8 counts**

### **REPEAT**

**The name SWOLKA came from the music, we felt we could feel a cross between a Swing and a Polka, hence the name**

**In the music Jenny sings, "I've got an itch and I'm gonna scratch it". You can do your own thing when she sings these words**