

# SWING MIXER

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**Count:** 36      **Wall:** —      **Level:** —

**Choreographer:** Unknown

**Music:** A Real Good Way To Wind Up Lonesome by James House

**Position:** Man facing outside of circle, lady facing inside of circle in basic Swing position. Lady's right hand in man's left extended, man's right hand on Lady's back just below left shoulder lady's left hand resting just above Man's right elbow. Man facing outside of LOD, lady facing inside LOD.

## LADY

- 1&2      Shuffle in place - right, left, right
- 3&4      Shuffle in place - left, right, left (maintain hand contact as you)
- 5        Twist body slightly right to face LOD step back on right foot and rock on it
- 6        Step forward on left foot to face partner
- 7&8      Shuffle in place - right, left, right
- 9&10     Shuffle in place - left, right, left
- 11       Twist body slightly right to face LOD step back on right foot and rock on it
- 12       Step forward on left foot to face partner
- 13&14    Drop left hand as you move slightly to the right and shuffle - right left, right to complete a ½ turn right
- 15&16    Move slightly left as you shuffle to complete a ½ turn right - left, right, left to face partner

**Lady makes a full turn. Do not pick up hands.**

- 17       Step back on right foot and rock on it
- 18       Step forward on left foot
- 19&20    Raise right hand and shuffle forward right, left, right to pass right shoulders in front of the man
- 21&22    Turn ½ to your left under raised hands and shuffle back - left, right, left to face outside of circle
- 23       Step back on right foot and rock on it

- 24 Step forward on left foot
- 25&26 Raise right hand and shuffle forward right, left, right to pass right shoulders in front of man
- 27&28 Turn  $\frac{1}{2}$  to your right and shuffle back - left, right, left to face inside of circle

**Do not pick up hands**

- 29 Step back on right foot and rock on it
- 30 Step forward on left foot
- 31&32 Pivot on the ball of your left foot and swing right foot across left to begin a  $\frac{1}{2}$  turn left, shuffle toward RLOD - right, left, right
- 33&34 Turn  $\frac{1}{2}$  left as you shuffle - left, right, left (full turn to face new partner)

**Pick up original hand hold.**

- 35 Step back on right foot and rock on it
- 36 Step forward on left foot

**REPEAT**

**MAN**

- 1&2 Shuffle in place - left, right, left
- 3&4 Shuffle in place - right, left, right (maintain hand contact as you)
- 5 Twist body slightly left to face LOD step back on left foot and rock on it
- 6 Step forward on right foot to face partner
- 7&8 Shuffle in place - left, right, left
- 9&10 Shuffle in place - right, left, right
- 11 Twist body slightly left to face LOD step back on left foot and rock on it
- 12 Step forward on right foot to face partner
- 13&14 Drop right hand, raise left hand to lead lady, move slightly left and shuffle in place - left, right, left
- 15&16 Move slightly right as you shuffle in place - right, left, right

**Lady makes a full turn. Do not pick up hands.**

- 17** Step back on left foot and rock on it
- 18** Step forward on right foot
- 19&20** Raise left hand and shuffle forward left right, left to pass right shoulders behind the lady
- 21&22** Turn ½ to your right and shuffle back right, left, right to face inside of circle
- 23** Step back on left, foot and rock on it
- 24** Step forward on right foot
- 25&26** Raise left hand and shuffle forward left, right, left, to pass right shoulders behind the lady
- 27&28** Turn ½ to your left under raised hands and shuffle back - right, left, right to face outside of circle

**Do not pick up hands**

- 29** Step back on left foot and rock on it
- 30** Step forward on right foot
- 31&32** Pull slightly with your left hand to lead the lady in a full turn left and drop hands, turn and shuffle toward LOD - left, right, left
- 33&34** Shuffle forward - right, left, right

**Pick up original hand hold**

- 35** Step back on left foot and rock on it
- 36** Step forward on right foot

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=41698](https://www.linedance.com/index.php?f=dance_view&id=41698)