

# SWINGIN' SAILOR

LINEDANCE.COM

**Count:** 32      **Wall:** 2      **Level:** —

**Choreographer:** Jo Thompson

**Music:** Fresh Coat Of Paint by Lee Roy Parnell

## SUGARFOOT THREE TIMES

- 1      Touch right toe to instep of left
- 2      Touch right heel beside left
- 3      Cross right over left
- 4      Touch left toe to instep of right
- 5      Touch left heel beside right
- 6      Cross left over right
- 7      Touch right toe to instep of left
- &      Step right beside left
- 8      Touch left toe beside right

**Allow the supporting foot to swivel naturally with weight on the ball of the foot.**

## 1 ¼ TURN LEFT, FORWARD, BACK, 2 SKIPS BACK

- 9      Step left on left, starting a full turn left
- 10     Step right on right, completing the turn
- 11     Step left on left turning ¼ left
- &      Step right beside left
- 12     Step forward on left
- 13     Step forward on right bending knees and checking motion.
- 14     Step back on left
- &15    Hop on left, quickly step back on right
- &16    Hop on right, quickly step back on left

## TWO STOOGES, TURN, BALL CHANGE TOUCH, TURN SCUFF

- &17    Scoot back left, touch ball of right slightly behind left
- &18    Scoot back left, touch ball of right slightly behind left

- 19 Step right on right turning  $\frac{1}{4}$  right
- 20 Turn body (diagonally to right) touch left beside right
- & Step left on ball of left
- 21 Step right in place
- 22 Touch left beside right
- 23 Step left on left turn  $\frac{1}{2}$  left
- 24 Scuff right heel forward

### **JAZZ SQUARE & SAILOR SHUFFLES**

- 25 Cross right over left
- 26 Step back on left
- 27 Step right on right
- 28 Cross left over right, bending knee allowing right to clear floor in back

**(Sounds difficult, but is just detailed description of jazz square or box, but it needs to be executed well to make sailor shuffles look good).**

- 29 Cross right behind left
- & Step left on left
- 30 Step right in place
- 31 Cross left behind right
- & Step right on right
- 32 Step left in place

### **REPEAT**