

# Swing Low

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Nathalie LATERRIERE (FR-Reu) May 2019

**Music:** Swing Low, Sweet Chariot - Josh Turner. Album : I Serve A Saviour -102 bpm

## Start the dance after 16 counts

### STOMP UP , KICK , SAILOR STEP , BALL STEP , STEP DIAGONAL FORWARD , KICK , SAILOR 3/8 T LEFT

- 1-2**            Stomp up RF next to LF , Kick RF forward
- 3&4**            Step RF behind LF , LF to L , RF to R
- &5-6**           Step ball of LF next to RF , step RF forward in the R diagonal ( 1:30), KICK LF forward
- 7&8**            Step LF behind RF with 1/8 turn L, RF to R with ¼ turn L, Step LF to L ( 9:00)

### Option : Replace SAILOR 3/8 turn L by FORWARD MAMBO 3/8 turn L

- 7&8**            Step LF forward , recover back on RF with 1/8 T left, ¼ turn left LF to L

### CROSS, SIDE, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

- 1-2**            Step RF across LF, step LF to L
- 3&4**            Step RF behind LF, step LF to L , step RF across LF
- 5-6**            Rock LF to L, recover on RF
- 7&8**            Step LF behind RF, step RF to R, step LF across RF

### STEP FWD,TOE TAP ,HEEL JACK , HOOK, TRIPLE FORWARD, POINT LEFT & RIGHT

- 1-2**            Step RF forward, Tap L toe behind RF
- &3-4**            Small jump back on LF, R heel forward , Hook RF across L shin ( touch the brim of your hat)
- 5&6**            Step RF forward , LF next to RF, step RF forward
- 7&8**            Point LF to L side , step LF together with RF, Point RF to R side

### STEP FORWARD ,1/2 T LEFT, TRIPLE FORWARD, HEEL SWITCHES ,HEEL DIG & CLAP

- 1-2**            Step RF forward , ½ turn left LF forward ( 3 :00)
- 3&4**            Step RF forward, LF next to RF, RF forward
- 5&6**            Left heel forward , Step LF together with RF , Right heel forward

**&7&8** Step RF together with LF , L heel forward, step LF together with RF, DIG R heel forward with a CLAP

**(last update June 2019)**

**Last Site Update - 23 July 2019**

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