

Swifty Feet

LINEDANCE.COM

Count: 32

Wall: 1

Level: Absolute Beginner

Choreographer: Yovana Russell – Cambridge, Ontario, Canada - March 2020

Music: Pick her up – Travis Tritt

Heel touch Front (R) (L) (R) (L)

- 1-2 Right heel touch front, recover back beside L foot
- 3-4 Left heel touch front, recover back beside R foot
- 5-6 Right heel touch front, recover back beside L foot
- 7-8 Left heel touch front, recover back beside R foot

Heel cross / hook (R) (L)

- 1-4 Touch R heel to the side diagonally, hook R foot in front of L foot with toe touch, touch R heel out to the side diagonally, step on R foot next to L foot
- 5-8 Touch L heel to the side diagonally, hook L foot in front of R with toe touch, touch L heel out to the side diagonally, step on L foot next to R foot

Rocking horse x2

- 1-2 Rock forward onto R foot, toe touch back with L
- 3-4 Rock back onto L foot, toe touch front with R
- 5-6 Rock forward onto R foot, toe touch back with L
- 7-8 Rock back onto L foot, toe touch front with R

Rocking Chair

- 1-8 Rock R foot forward, rock R foot backwards x2

(Optional: Pivot on 5 6-7-8 onto 2 half turns)

Restart on 10th start of dance (or 10th wall)

*****4 Walls options at the end on 5-6-7-8**

Pivot $\frac{1}{2}$, then $\frac{1}{4}$ turn

- 5-6 Right foot touch frwd, pivot $\frac{1}{2}$ onto left shoulder,

7-8 Right foot touch frwd, $\frac{1}{4}$ turn onto left shoulder.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=140268