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**East Coast Switch** 

**BEGINNER** 

48 Count

Choreographed by: Debbie Small & Fred Rapoport Choreographed to: No One Needs To Know by Shania Twain

SIDE STEPS AND SLIDES MAN: Step to left with left, slide right next to left 1 - 2 LADY: Step to right with right, slide left next to right MAN: Step to left with left, touch right next to left 3 - 4LADY: Step to right with right, touch left next to right MAN: Step to right with right, slide left next to right 5 - 6 LADY: Step to left with left, slide right next to left MAN: Step to right with right, touch left next to right 7 - 8 LADY: Step to left with left, touch right next to left **SWING AND PIVOT TURNS** 9 & 10 MAN: Shuffle to left (left-right-left) LADY: Shuffle to right (right-left-right) MAN: Pivot 1/4 to the right as you rock back right (releasing lady's left hand) 11 LADY: Pivot 1/4 to the left as you rock back left (releasing man's right hand) 12 MAN: Rock forward left as you pivot 1/4 to the left to face partner LADY: Rock forward right as you pivot 1/4 to the right to face partner 13 & 14 MAN: Rejoin hands and shuffle right (right-left-right) LADY: Rejoin hands and shuffle left (left-right-left) MAN: Pivot 1/4 to the left as you rock back left (releasing lady's right hand) 15 LADY: Pivot 1/4 to the right as you rock back right (releasing man's left hand) 16 MAN: Rock forward right as you pivot 1/4 to the right to face partner LADY: Rock forward left as you pivot 1/4 to the left to face partner 17 & 18 MAN: Rejoin hands and shuffle left (left-right-left) LADY: Rejoin hands and shuffle right (right-left-right) 19 MAN: Pivot 1/4 to the right as you rock back right (releasing lady's left hand) LADY: Pivot 1/4 to the left as you rock back left (releasing man's right hand) 20 - 24 MAN: Rock forward left, place lady into outside underarm turn, and step in place (right-left-right), touch left LADY: Rock forward right, pivot 1 1/2 to the right underarm turn under man's left arm (left-right-left) to finally face partner, touch right /Partners rejoin in closed dance position (having rotated 1/4 to the right turn from original starting dance position) **SWING, TUCK AND TURN** 25 & 26 MAN: Shuffle to your left (left-right-left) LADY: Shuffle to right (right-left-right) 27 & 28 MAN: Shuffle to right (right-left-right) LADY: Shuffle to your left (left-right-left) 29 MAN: Release lady's right hand, as you rock back left, opening and slightly pivoting away from your partner LADY: Release man's left hand, as you rock back right, opening and slightly pivoting away from your partner

MAN: Rock forward right, as you pivot back toward your partner, picking up her right hand in your left

	LADY: Rock forward left, as you pivot back toward your partner, picking up his left hand in your right
31 & 32	MAN: Place lady into outside underarm turn, as you pivot a 1/4 turn to the left, shuffling in place (left-right-left)
33 & 34	LADY: Touch right next to left, step forward right, as you pivot a 1/4 underarm turn to the right, under gentleman's left arm MAN: Shuffle in place (right-left-right
35 - 36	LADY: Shuffle (left-right-left) as you complete 1/2 turn to the right to face your partner MAN: Rock back left, forward right
	LADY: Rock back right, forward left
	/Man and lady are now facing each other at original starting dance position in single hand hold position (man holding lady's right hand in his left hand only)
37 & 38	SHUFFLES & TURNS MAN: Release hands and shuffle forward (left-right-left), passing your partner on your right
39 & 40	LADY: Release hands and shuffle forward (right-left-right), passing your partner on your right MAN: Shuffle forward (right-left-right) as you complete a 1/2 turn to the left
41 - 42	LADY: Shuffle forward (left-right-left) as you complete a 1/2 turn to the right MAN: Rock back left, forward right
43 & 44	LADY: Rock back right, forward left MAN: Shuffle forward (left-right-left)
45 & 46	LADY: Shuffle forward (right-left-right) MAN: Shuffle forward (right-left-right) as you complete a 1/2 turn to the left
47 - 48	LADY: Shuffle forward (left-right-left) as you complete a 1/2 turn to the right MAN: Rock back left, forward right
	LADY: Rock back right, forward left
	/Man and lady are back in starting dance positions (offset one partner to the left of their original partner)
	REPEAT