

High Time Swing

48 count, 4 wall, improver level

Choreographer: Niels B. Poulsen (Denmark)

Nov 2007

Choreographed to: High Time For Getting Down by
Travis Tritt, Album: The Storm

Intro: 32 counts from very first beat in music, app. 11 secs. into track.

1 – 8 R chassé, L back kick ball change, ¼ shuffle back, rock back

1&2 Step R to R side, bring L next to R, step R to R side 12:00

3&4 Kick L backwards, step onto L, change weight to R (easy option: L back rock on 3-4) 12:00

5&6 Turn ¼ R stepping back on L, bring R next to L, step back on L 3:00

7 – 8 Rock back on R, recover weight to L 3:00

9 – 16 R chassé, L back kick ball change, ¼ shuffle back, rock back

1&2 Step R to R side, bring L next to R, step R to R side 3:00

3&4 Kick L backwards, step onto L, change weight to R (easy option: L back rock on 3-4) 3:00

5&6 Turn ¼ R stepping back on L, bring R next to L, step back on L 6:00

7 – 8 Rock back on R, recover weight to L 6:00

* **Restart here** on 3rd wall (restart facing 12:00)**17 – 24 R kick ball step X 2, rock R fw, chasse ¼ R**

1&2 Kick R diagonally fw (towards 7:30), step R next to L, step fw on L 6:00

3&4 Kick R diagonally fw (towards 7:30), step R next to L, step fw on L 6:00

5 – 6 Rock fw R, recover weight back to L 6:00

7&8 Turn ¼ R stepping R to R side, bring L next to R, step R to R side 9:00

25 – 32 Cross kick, side kick, back touch, diagonal L kick, back touch, touch together, chasse L

1 – 2 Cross kick L over R, kick L to L side 9:00

3 – 4 Touch L behind R, kick L diagonally fw (towards 7:30) 9:00

5 – 6 Touch L behind R, touch L next to R (and hitch L knee to prepare for chasse) 9:00

7&8 Step L to L side, bring R next to L, step L to L side 9:00

33 – 40 Cross kick, side kick, back touch, diagonal R kick, back touch, touch together, chasse R

1 – 2 Cross kick R over L, kick R to R side 9:00

3 – 4 Touch R behind L, kick R diagonally fw (towards 10:30) 9:00

5 – 6 Touch R behind L, touch R next to L (and hitch R knee to prepare for chasse) 9:00

7&8 Step R to R side, bring L next to R, step R to R side 9:00

41 – 48 Bring together, Jump R, hold 3 counts, 4 hip bumps

&1 Bring L next to R, Push off both feet jumping both feet apart and to R side 9:00

2 – 4 Hold, hold, hold (weight L) ... Styling: try to be cool while holding! Be creative... 9:00

5 – 6 Bump hips to R side, bump hips to L side 9:00

7 – 8 Bump hips to R side, bump hips to L side 9:00

BEGIN AGAIN... and... Let's ROCK 'N' ROLL!!!

FINISH

On 9th wall: Do the first 24 counts of the dance. Music will start to fade out.

On count 25: cross R over L and unwind ½ turn R to face 12:00

1 restart: On 3rd wall you have a restart after 16 counts, which will bring you back to 12:00.

Floor-split: For a more difficult version than my dance do Neville and Julie's great dance: 'High time'