

## Swayzee Shuffle

IMPROVER

48 Count 4 Walls

Choreographed by: Alan Lewis  
Choreographed to: Time Of My Life  
by Bill Medley and Jennifer Warnes

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### Heel Grind & Cross, Side Rock, Sailor Step

- 1 - 2 Grind right heel forward, step back on left  
3 & 4 Step back on right, step left in place, cross right over left  
5 - 6 Rock left to left side, rock onto right  
7 & 8 Step left behind right, step right to right side, step left in place

### Side Rock, Sailor Turn, Heel Grind & Cross

- 9 - 10 Rock right to right side, step left in place  
11 & 12 Step right behind left making 1/4 turn right, step left in place, step right in place  
13 - 14 Grind left heel forward, step back on right  
15 & 16 Step back on left, step on right, cross left over right

### Side Rock Sailor Step, Side Rock, Coaster Step

- 17 - 18 Rock right to right side, rock onto left  
19 & 20 Step right behind left, step left to left side, step right in place  
21 - 22 Rock left to left side, step right in place  
23 & 24 Step left back, step right in place, step left forward

### 1/2 Turn Pivot & Shuffle, 1/2 Turn Shuffle

- 25 - 26 Step forward on right, pivot 1/2 turn left  
27 & 28 Step forward on right, left in place, right forward  
29 & 30 Step forward on left, 1/2 turn right on right, step left in place  
31 - 32 Rock back on right, step left in place

### Rock Step, Shuffle Forward (swayzee shuffle)

- 33 - 34 Rock forward on right, rock back on left (roll hips turn body slightly left)  
35 & 36 Right shuffle forward, right, left, right  
37 - 38 Rock forward on left, rock back on right (roll hips turn body slightly right)  
39 & 40 Left shuffle forward, left, right, left

### Rock Step x 3, 1/2 Turns, Heel Taps

- 41 - 42 Rock forward on right, step back on left  
43 & 44 Step back on right with 1/2 turn right, step forward on left with 1/2 turn right  
45 - 46 Step back on right with 1/2 turn right, step forward on left  
47 & 48 Tap right heel forward, step right in place, tap left heel forward  
& 1 Step left in place. Start again. Grind right heel forward