

Swing A Ling

IMPROVER

32 Count 4 Walls

Choreographed by: Robbie McGowan Hickie

Choreographed to: Swing Baby by David Ball

S - 1 Hip Push (Left & Right). Chasse Left. Hip Push (Right & Left). Chasse Right.

1 - 2 Step Left to Left side pushing hips Left. Push hips Right.

3 & 4 Step Left to Left side. Close Right beside Left. Step Left to Left side.

5 - 6 Step Right to Right side pushing hips Right. Push hips Left.

7 & 8 Step Right to Right side. Close Left beside Right. Step Right to Right side.

Option: Counts 1 - 2 above - Raise both hands up in front of chest (Palms Facing Outward) Sway hands Left. Sway hands Right - Repeat in Opposite Direction for Counts 5 - 6

S - 2 Cross. 1/4 Turn Left. Left Coaster Step. Charleston Steps.

1 - 2 Cross step Left over Right. Make 1/4 turn Left stepping back on Right.

3 & 4 Step back on Left. Step Right beside Left. Step forward on Left. (Facing 9:00)

5 Swing/Sweep Right out and around touching Right toe forward.

6 Swing/Sweep Right out and around stepping back on Right.

7 Swing/Sweep Left out and around touching Left toe back.

8 Swing/Sweep Left out and around stepping forward on Left.

S - 3 Diagonal Locks Steps Forward (Right & Left). Cross. Step Back. Chasse 1/4 Turn Right.

1 & 2 Step Right Diagonally forward Right. Lock Left behind Right. Step Right Diagonally forward Right.

3 & 4 Step Left Diagonally forward Left. Lock Right behind Left. Step Left Diagonally forward Left.

5 - 6 Cross step Right over Left. Step Back on Left pushing Hips Back. (Facing 9:00)

7 & 8 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.

S - 4 Step. Pivot 1/4 Turn Right. Left Cross Shuffle. Lunge. Recover. Behind & Cross.

1 - 2 Step forward on Left. Pivot 1/4 turn Right.

3 & 4 Cross step Left over Right. Step Right to Right side. Cross step Left over Right.

5 - 6 Lunge Right out to Right side. Recover weight on Left.

7 & 8 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. (Facing 3:00)

Start Again
