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Swinging Down

80 Count, 4 Wall, Improver

Choreographer: Jenifer Wolf (CA) Apr 2017

Choreographed to: Livin It Down by Delbert McClinton.

Album: Nothing Personal

Intro: 16 Counts with vocals

Section 1 Four Heel Struts Forward

- 1-2 Touch right heel forward, Bring right foot down
- 3-4 Touch left heel forward, Bring left foot down
- 5-6 Touch right heel forward, Bring right foot down
- 7-8 Touch left heel forward, Bring left foot down (shimmy as you strut forward)

Section 2 Four Step Touches Back On A Diagonal

- 1-2 Step right foot back on a right diagonal, Touch left foot beside right foot
- 3-4 Step left foot back on a left diagonal, Touch right foot beside left foot
- 5-6 Step right foot back on a right diagonal, Touch left foot beside right foot
- 7-8 Step left foot back on a left diagonal, Touch right foot beside left foot (clap on touches)

Section 3 Rock, Replace, Hold, Coaster, Hold

- 1-2 Step right foot forward, Step left foot in place
- 3-4 Step right foot back, Hold
- 5-6 Step left foot back, Step right foot beside left foot
- 7-8 Step left foot forward, Hold

Section 4 Triple To Right Side, Rock Back, Replace, Repeat To Left

- 1&2 Step right foot to right side, Step left foot beside right foot, Step right foot to right side
- 3-4 Step left foot back slightly behind right foot, Step right foot in place
- 5&6 Step left foot to left side, Step right foot beside left foot, Step left foot to left side
- 7-8 Step right foot back slightly behind left foot, Step left foot in place

Section 5 Triple To Side, Rock, Replace, Turn ¼ Right & Repeat To Left

- 1&2 Step right foot to right side, Step left foot beside right foot, Step right foot to right side
- 3-4 Step left foot back slightly behind right foot, Step right foot in place
- 5&6 Turn ¼ right left foot to left side, Step right foot beside left foot, Step left foot to left side
- 7-8 Step right foot back slightly behind left foot, Step left foot in place

Section 6 Swivel Heels, Right, Left, Right, Hold, Left, Right, Centre, Hold

- 1-2 Swivel both heels to right, Swivel both heels to left
- 3-4 Swivel both heels to right, Hold and clap
- 5-6 Swivel both heels to left, Swivel both heels to right
- 7-8 Swivel both heels to centre, Hold and clap (shift weight onto left foot)

Begin again, enjoy!

Sequence as follows: This is easy, watch the video.

Front	Side	Back	Back	Back	Side	Front	Front	Front
12:00-----3:00	-----	6:00----	6:00-----	6:00-----	9:00----	12:00----	12:00-----	12:00 o'clock wall
48,	48,	32,	32,	48,	48,	32,	32,	23

2 walls at 48 counts, 2 walls at 32 counts you will be facing 6:00 o'clock wall

2 walls at 48 counts, 2 walls at 32 counts you will be facing 12:00 o'clock wall, 23 counts left

End: Paragraph C, on count 7 stomp left foot forward facing 12:00 o'clock