

Retro Swing



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Choreographed by: Adam Astmar (SWE) Apr 2023

Choreographed to: Back In Time by Swing Republic & Karina Kappel

Intro: 32 Counts. Start at approx 18 secs.

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HIMD END WITH ELICK KICK END KICK SIDE COASTED STED 1/ 1/ SHIJESI E 1/ SWEED

SEC 2 JAZZ BOX, SUSIE Q'S (TRAVELING HEEL GRINDS), CROSS 2-3-4 Cross RF over LF, Step back on LF, Step R on RF 5& Cross L heel over RF, L toe facing R diagonal, Keep weight on L heel, grind L toe ¼ to L diagonal and step R on F 6& Cross L heel over RF, L toe facing R diagonal, Keep weight on L heel, grind L toe ¼ to L diagonal and step R on F 7& Cross L heel over RF, L toe facing R diagonal, Keep weight on L heel, grind L toe ¼ to L diagonal and step R on F 8 Cross LF over RF (6:00)	RF
JUMP OUT WITH SIDE KICK, SIDE, BEHIND-SIDE-CROSS, STEP DIAGONAL, KICK, COASTER 1/8 STEP Jump out on RF to R side, kicking LF to L side, Step LF to L side When jumping out on RF, put hands out to sides with palms facing down Step RF behind LF, Step L on LF, Cross RF over LF Step forward to L diagonal on LF, Kick RF forward (4:30) Step back on RF, Close LF next to RF, Turn 1/8 R stepping forward on RF (6:00)	
SEC 4 STEP ½ TURN, SHUFFLE ½, STEP BACK WITH LONG SLIDE, BALL, STEP 1-2 Step forward on LF, Turn ½ R placing weight on RF (12:00) 3&4 Shuffle ½ turn R stepping LF, RF, LF (6:00) 5-6 Take a big step back on RF, Start dragging LF towards RF 7&8 Finish dragging LF towards RF, Ball step LF next to RF, Step forward on RF	
Restart Here on wall 3	
SEC 5 CHARLESTONS FWD AND BACK, STEP, STEP ½ TURN, ¼ 1-2 Step forward on LF, Point RF forward 3-4 Step back on RF, Point LF back 5-6 Step forward on LF, Step forward on RF 7-8 Turn ½ L placing weight on LF, Turn ¼ L stepping R on RF (9:00)	



SEC 6	ROCK BACK, SIDE ROCK CROSS, DWIGHT SWIVELS
1-2	Rock back on LF, Recover on RF
3&4	Rock L on LF, Recover on RF, Cross LF over RF
5-6	Swivel L heel to R, touching R toe next to LF, Swivel L toe to R, touching R heel next to LF
7-8	Swivel L heel to R, touching R toe next to LF, Swivel L toe to R, touching R heel next to LF
SEC 7	JAZZ BOX ¼ TURN, MASH POTATOES FWD
1-2	Cross RF over LF, Turn 1/4 R stepping back on LF (12:00)
3-4	Step R on RF, Step forward on LF
&5	Twist both heels out, Step forward on RF bringing heels back to center
&6	Twist both heels out, Step forward on LF bringing heels back to center
&7	Twist both heels out, Step forward on RF bringing heels back to center
&8	Twist both heels out, Step forward on LF bringing heels back to center
SEC 8	STEP FWD, HITCH, COASTER STEP, SLOW STEP ½ TURN BENDING KNEES, RUN FWD X2
1-2	Step forward on RF, Hitch L knee
3&4	Step back on LF, Close RF next to LF, Step forward on LF
5-6	Step forward on RF and bend knees, Start turning ½ L, keeping weight on RF
7-8&	Finish turning ½ L and straighten knees, keeping weight on RF (6:00) Run forward on LF, RF

