

# Sway Z



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 48 Count 2 Wall Beginner Level Dance. Choreographed by: Paul Suri Cheevers (IRL) Jun 2024 Choreographed to: (I've Had) The Time Of My Life by Bill Medley & Jennifer Warnes Intro: 64 Counts. Start at approx 40 secs.

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# SEC 1 POINT OVER, POINT SIDE, CHA CHA CHA, POINT OVER, POINT SIDE, CHA CHA CHA

- 1-2 Point R over L, point R to R side
- 3&4 Step R beside L, step L beside R, step R beside L
- 5-6 Point L over R, point L to L side
- 7&8 Step L beside R, step R beside L, step L beside R

# SEC 2 ROCKING CHAIR, STEP, ½ PIVOT, STEP, ½ PIVOT

- 1-2 Rock forward on R, rock back on L
- 3-4 Rock back on R, rock forward on L
- 5-6 Step forward on right, turning ½ left
- 7-8 Step forward on right, turning ½ left

#### SEC 3 HIP ROLLS, ROCKING CHAIR

- 1&2 Step forward on R bumping hips forward, bump hips back, bump hips forward
- 3&4 Step forward on L bumping hips forward, bump hips back, bump hips forward
- 5-6 Rock forward on R foot, rock back on L
- 7-8 Rock back on R, rock forward on L

# SEC 4 HIP ROLLS, GRAPEVINE

- 1&2 Step forward on R bumping hips forward, bump hips back, bump hips forward
- 3&4 Step forward on L bumping hips forward, bump hips back, bump hips forward
- 5-6 Step R to R side, step L behind R
- 7-8 Step R out to R side, bring L beside R

# SEC 5 GRAPEVINE, BACK, BACK, OUT, OUT

- 1-2 Side step L to L side, step R behind L
- 3-4 Step L to L point R toe to front
- 5-6 Step back on R, step back on L
- 7-8 Step R to R, step L to L

# SEC 6 SIDE ARM SWINGS, CROSS 1/2 UNWIND

- 1-2 Swing both arms to R side turn hips to same direction
- 3-4 Swing both arms to L side turn hips to same direction
- 5-6 Swing both arms to R side turn hips to same direction
- 7-8 Cross R over L swing arms to L, unwind <sup>1</sup>/<sub>2</sub> turn L (6:00)



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