

Øvet den 17. november 2010

Begyner



Everybody Swing

48 Count, 2 Wall, Beginner

Choreographer: Niels Poulsen (Denmark) May 10

Choreographed to: It's Chitlin' Time by Dancelife, CD: Dancelife, Rock This Town (144bpm); It's

Chitlin' Time by The Kentucky Headhunters, CD: Electric Barnyard OR The Best Of The Kentucky

Headhunters

Into:

Dancelife track: 32 counts from first beat in music (app. 17 seconds into track)

Kentucky track: 32 counts from first beat in music (app. 20 seconds into track)

1–8 Kick R Fw, Kick R To R Side, R Coaster Step, Repeat Steps With L

1–2 Kick R foot fw (1), kick R foot to R side (2) [12:00]

3&4 Step back on R (3), step L next to R (&), step fw on R (4)

5–6 Kick L foot fw (5), kick L foot to L side (6)

7&8 Step back on L (7), step R next to L (&), step fw on L (8)

9–16 Shuffle R Fw, Step ½ R, Shuffle L Fw, Step ½ L

1&2 Step fw on R (1), step L next to R (&), step fw on R (2) [12:00]

3–4 Step fw on L (3), turn ½ R stepping onto R (4) [6:00]

5&6 Step fw on L (5), step R next to L (&), step fw on L (6)

7–8 Step fw on R (7), turn ½ L stepping onto L (8) [12:00]

17–24 R Kick Ball Change, Stomp R Fw, Hold With Clap, Repeat Steps With L

1&2 Kick R fw (1), step R next to L (&), change weight to L (2)

3–4 Stomp R foot fw (3), Hold and clap hands at chest height (4)

5&6 Kick L fw (5), step L next to R (&), change weight to R (6)

7–8 Stomp L foot fw (7), Hold and clap hands at chest height (8)

25–32 Stomp R Fw, Hold, Stomp L Fw, Hold, Shuffle R Fw, Shuffle L Fw

1–2 Stomp R foot fw (1), Hold (2) (Option: on wall 3, 4 and 5 do a R toe strut instead)

3–4 Stomp L foot fw (3), Hold (4) (Option: on wall 3, 4 and 5 do a L toe strut instead)

5&6 Step fw on R (5), step L next to R (&), step fw on R (6) – small steps!

7&8 Step fw on L (7), step R next to L (&), step fw on L (8) – small steps! [12:00]

33–40 Paddle ¼ L X2, R Jazz Box, L Cross

1–2 Step fw on R (1), turn ¼ L stepping onto L (2) [09:00]

3–4 Step fw on R (3), turn ¼ L stepping onto L (4) [06:00]

5–6 Cross R over L (5), step back on L (6)

7–8 Step R to R side (7), cross L over R (8)

41–48 R Chasse, L Back Rock, L Chasse, R Back Rock

1&2 Step R to R side, (1), step L next to R (&), step R to R side (2)

3–4 Rock back on L (3), recover on R foot (4)

5&6 Step L to L side, (5), step R next to L (&), step L to L side (6)

7–8 Rock back on R (7), recover on L foot (8) [06:00]

Ending The music finishes on count 16 on wall 6 (facing 6:00).

However, leave out the ½ L and stomp fw on L to finish facing 12:00. ;-))

NOTE: This is a floor-split to my own easy intermediate dance 'Swing time' ;-))