

Swing Time

Choreographer: Niels Poulsen (Denmark)

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Type of dance: 48 counts, 2 walls, east coast swing rhythm (144 bpm)

Level: Easy intermediate

Music: **It's chitlin' time** by Dancelife. On albums: *Dancelife - Very best part 10*. Or *Dancelife - Rock this town*. Buy albums at: www.dancelife.eu, www.danceshopper.com and others.

It's chitlin' time by The Kentucky Headhunters. On albums: *Electric Barnyard* OR *The best of the Kentucky Headhunters*. Or download from iTunes, Amazon or www.cdon.com

Intro: 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)

| Counts | Footwork | You face |
|----------------|---|----------|
| 1 – 8 | L cross kick, L side kick, L sailor step, R cross shuffle, L side rock ¼ R | |
| 1 – 2 | Cross kick L slightly over R (1), kick L to L side (2) | 12:00 |
| 3&4 | Cross L behind R (3), step R a small step to R side (&), step L to L side (4) | 12:00 |
| 5&6 | Cross R over L (5), step L to L side (&), cross R over L (6) | 12:00 |
| 7 – 8 | Rock L to L side (7), recover on R turning ¼ R (8) | 3:00 |
| 9 – 16 | L diagonal shuffle, R diagonal shuffle, step ¼ R, L cross, R point | |
| 1&2 | Step L a small step fw (1), close R to L (&), step fw on L (2) – <i>towards 1:30</i> | 1:30 |
| 3&4 | Step R a small step fw (3), close L to R (&), step fw on R (4) – <i>towards 4:30</i> | 4:30 |
| 5 – 6 | Step L fw towards 3:00 (5), turn ¼ R stepping onto R (6) | 6:00 |
| 7 – 8 | Cross L over R (7), point R to R side (8) | 6:00 |
| 17 – 24 | Touch R, R diagonal kick, touch R, high R diagonal kick, R cross, L point, step ½ R | |
| 1 – 2 | Touch R behind L (1), kick R to R diagonal (2) | 6:00 |
| 3 – 4 | Touch R behind L (3), kick R to R diagonal (and higher than before!) (4) | 6:00 |
| 5 – 6 | Cross R over L (5), point L to L side (6) | 6:00 |
| 7 – 8 | Step fw on L (7), turn ½ R stepping onto R (8) | 12:00 |
| 25 – 32 | L ball place, Hold, R heel bounces X 2, L toe strut, R toe strut | |
| &1 – 2 | Bring L next to R (&), place R fw (<i>weight is still on L foot</i>) (1), Hold (2) | 12:00 |
| &3&4 | Lift R heel off the floor (&) step down on R heel (3), lift R heel off the floor (&) step down on R heel (4) – <i>weight on R foot!</i> | 12:00 |
| 5 – 6 | Touch ball of L foot fw (5), lower L heel (6) | 12:00 |
| 7 – 8 | Touch ball of R foot fw (7), lower R heel (8) | 12:00 |
| 33 – 40 | L point fw, side L, R point fw, side R, L jazz box, R cross | |
| 1 – 2 | Point L fw (1), step L to L side (2) | 12:00 |
| 3 – 4 | Point R fw (3), step R to R side (4) | 12:00 |
| 5 – 6 | Cross L over R (5), step back on R (6) | 12:00 |
| 7 – 8 | Step L to L side (7), cross R over L (8) | 12:00 |
| 41 – 48 | L chasse, R back rock, step ½ L, R kick ball kick | |
| 1&2 | Step L to L side, (1), step R next to L (&), step L to L side (2) | 12:00 |
| 3 – 4 | Rock back on R (3), recover on L foot (4) | 12:00 |
| 5 – 6 | Step fw on R (5), turn ½ L stepping onto L (6) | 6:00 |
| 7&8 | kick R fw (7), step R next to L (&), kick L to L side (8) | 6:00 |
| | Begin again!... | |