

Spring Swing

Choreographie: Rick & Deborah Bates

Beschreibung: 32 Count, Beginner/ Intermediate, Circle Couple Dance (No Tag, No Restart) Right open promenade, Partners on oppositefootwork. Man's steps are listed.

Musik: The City Put The Country Back In Me - Neal McCoy

Intro:16 Counts

FORWARD SHUFFLE, CCC MILITARY TURN, SHUFFLE TURN

1&2 Shuffle forward (RIGHT, LEFT, RIGHT)

3&4 Shuffle forward (LEFT, RIGHT, LEFT)

5-6 Release hands and step forward on RIGHT, Pivot 1/2 turn CCW on ball of Right foot and shift weight to LEFT foot (facing R.L.O.D)

7&8 Shuffle forward (RIGHT, LEFT, RIGHT) making a 1/2 turn CCW on these steps

Note: Partners end facing L.O.D. back in Right open promenade position - holding inside hands

ROCK STEP, FORWARD SHUFFLE WITH 1/4 TURN CW, ROCK STEP, SHUFFLE TURN

9-10 Step back on LEFT foot, Rock forward onto RIGHT foot

11&12 Shuffle forward (LEFT, RIGHT, LEFT) making a 1/4 turn CW on these steps

Note: End in double hand hold position, Partners facing each other. Man facing O.L.O.D. Lady facing I.L.O.D.

13-14 Step back on RIGHT foot; Rock forward onto LEFT foot

15&16 Shuffle forward (RIGHT, LEFT, RIGHT) making a 1/2 turn CCW on these steps

ROCK STEP, SHUFFLE TURN, ROCK STEP, SHUFFLE TURN

17-18 Step back on LEFT foot; Rock forward onto RIGHT foot

19&20 Shuffle forward (LEFT, RIGHT, LEFT) making a 1/2 turn CW on these steps

21-22 Step back on RIGHT foot Rock forward onto LEFT foot

23&24 Release hands and shuffle sideways to the Right (RIGHT, LEFT, RIGHT) making a 1/4 turn CW on these steps (facing R.L.O.D.)

CW MILITARY PIVOT, FORWARD SHUFFLE, FORWARD TRAVELLING TURN, WALK, WALK

25-26 Step forward on LEFT foot; Pivot 1/2 turn CW on ball of Left foot and shift weight to RIGHT foot (facing L.O.D.)

27&28 Shuffle forward (LEFT, RIGHT, LEFT)

29-30 Step forward on RIGHT foot and pivot 1/2 turn CCW on ball of Right foot. Pivot 1/2 turn CCW on ball of Right foot and step forward on LEFT

Note: Partners end facing L.O.D. back in right open promenade position, holding inside hands

31- 32 Step forward on RIGHT foot. Step forward on LEFT foot

Begin Again