

High Time Swing

Choreographer: Niels B. Poulsen (Denmark)

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Choreography date: November 30



Type of dance: 48 counts, 4 wall east coast swing line dance

Level: Beg/int

Music: 'High time for getting down' by Travis Tritt (Album: 'The Storm' from August 2007). Buy on: www.amazon.com

1 restart: On 3rd wall you have a restart after 16 counts, which will bring you back to 12:00.

Intro: 32 counts from very first beat in music, app. 11 secs. into track.

Floor-split: For a more difficult version than my dance do Neville and Julie's great dance: 'High time'

Counts	Footwork	End facing
1 – 8	R chassé, L back kick ball change, ¼ shuffle back, rock back	
1&2	Step R to R side, bring L next to R, step R to R side	12:00
3&4	Kick L backwards, step onto L, change weight to R (easy option: L back rock on 3-4)	12:00
5&6	Turn ¼ R stepping back on L, bring R next to L, step back on L	3:00
7 – 8	Rock back on R, recover weight to L	3:00
9 – 16	R chassé, L back kick ball change, ¼ shuffle back, rock back	
1&2	Step R to R side, bring L next to R, step R to R side	3:00
3&4	Kick L backwards, step onto L, change weight to R (easy option: L back rock on 3-4)	3:00
5&6	Turn ¼ R stepping back on L, bring R next to L, step back on L	6:00
7 – 8	Rock back on R, recover weight to L	6:00
	* Restart here on 3rd wall (restart facing 12:00)	
17 – 24	R kick ball step X 2, rock R fw, chasse ¼ R	
1&2	Kick R diagonally fw (towards 7:30), step R next to L, step fw on L	6:00
3&4	Kick R diagonally fw (towards 7:30), step R next to L, step fw on L	6:00
5 – 6	Rock fw R, recover weight back to L	6:00
7&8	Turn ¼ R stepping R to R side, bring L next to R, step R to R side	9:00
25 – 32	Cross kick, side kick, back touch, diagonal L kick, back touch, touch together, chasse L	
1 – 2	Cross kick L over R, kick L to L side	9:00
3 – 4	Touch L behind R, kick L diagonally fw (towards 7:30)	9:00
5 – 6	Touch L behind R, touch L next to R (and hitch L knee to prepare for chasse)	9:00
7&8	Step L to L side, bring R next to L, step L to L side	9:00
33 – 40	Cross kick, side kick, back touch, diagonal R kick, back touch, touch together, chasse R	
1 – 2	Cross kick R over L, kick R to R side	9:00
3 – 4	Touch R behind L, kick R diagonally fw (towards 10:30)	9:00
5 – 6	Touch R behind L, touch R next to L (and hitch R knee to prepare for chasse)	9:00
7&8	Step R to R side, bring L next to R, step R to R side	9:00
41 – 48	Bring together, Jump R, hold 3 counts, 4 hip bumps	
&1	Bring L next to R, Push off both feet jumping both feet apart and to R side	9:00
2 – 4	Hold, hold, hold (weight L) ... <i>Styling: try to be cool while holding! Be creative...</i>	9:00
5 – 6	Bump hips to R side, bump hips to L side	9:00
7 – 8	Bump hips to R side, bump hips to L side	9:00
	BEGIN AGAIN... and... Let's ROCK 'N' ROLL!!!	
FINISH	On 9 th wall: Do the first 24 counts of the dance. Music will start to fade out. On count 25: cross R over L and unwind ½ turn R to face 12:00	