

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!...		