

THE SWING

SONG: THE SWING, BY JAMES BONAMY
ALBUM: ROOTS AND WINGS
CHOREGRAPHED BY: MARK SIMPKIN & JESSICA HALL, SYDNEY, AUSTRALIA,
ORIGINAL POSITION: FEET TOGETHER WEIGHT ON L
Dance starts with intro after 16 counts

BEATS STEPS A ONE WALL ADVANCED LINE DANCE

Intro...32 counts

1-8 TOUCH R TOE FWD, HOLD, STEP R BACK, HOLD, TOUCH L TOE BACK, HOLD, STEP L FWD, HOLD (ON COUNTS 1,3,5,7- HEELS TWIST INWARD, ONCOUNTS 2,4,6,8 - HEELS TWIST OUTWARD)
1-4 STEP R FWD AT 45 DEG R PUSHING HIPS FWD, PUSH HIPS BACK, PUSH HIPS FWD, HOLD
5-8 STEP L FWD AT 45 DEG L PUSHING HIPS FWD, PUSH HIPS BACK, PUSH HIPS FWD, HOLD
1-4 TOUCH R TOE TO R SIDE, TOUCH R BESIDE L, TOUCH R TOE TO R SIDE, TURN 1/2 TURN R, STEP R BESIDE L
5-8 TOUCH L TOE TO L SIDE, TOUCH L BESIDE R, TOUCH L TOE TO L SIDE, DROP L HEEL (FEET TO BE APART)
1-4 ROCK R FWD ACROSS, REPLACE WEIGHT TO L, ROCK R TO R SIDE, REPLACE WEIGHT TO L
5-8 TOUCH R TOE BEHIND L, HOLD, UNWIND 1/2 TURN R, HOLD KEEPING WEIGHT ON L

Dance...128 counts

1-4 STEP R ACROSS L ROLLING L ANKLE TO L, REPLACE ONTO L, STEP R TO R SIDE, HOLD
5-8 STEP L ACROSS R ROLLING R ANKLE TO R, REPLACE ONTO R, STEP L TO L SIDE, HOLD
1-8 STEP R ACROSS L, STEP L TO L SIDE, STEP R BEHIND L, STEP L TO L SIDE, STEP R ACROSS L STEP L TO L SIDE, STEP/HOP R BEHIND L, SWEEP L TOE OUT TO L SIDE
1-4 STEP L BEHIND R ROLLING R ANKLE TO R, REPLACE ONTO R ROLLING L ANKLE TO L REPLACE ONTO L ROLLING R ANKLE TO R, HOLD
5-8 TURN 1/4 TURN R & STEP R FWD, STEP L FWD, PIVOT 1/4 TURN R, STEP L BESIDE R
1-3 TWIST HEELS R, TWIST HEELS L, TWIST HEELS R KICKING L FOOT AT 45 DEG L
4-6 TWIST HEELS L, TWIST HEELS R, TWIST HEELS L KICKING R FOOT AT 45 DEG R
7-8 ROCK BACK ON R, REPLACE WEIGHT FWD TO L
1-4 KICK R AT 45 DEG R, STEP R ACROSS L, UNWIND 1/2 TURN L KEEPING WEIGHT ON R, HOLD
5-8 ROCK BACK ON L, REPLACE WEIGHT TO R, TOUCH L BESIDE R, KICK L FWD
1-4 STEP L ACROSS R, STEP R BACK, STEP L BACK AT 45 DEG L, DRAG R TOWARDS L
5-8 STEP R TO R SIDE, STEP L BEHIND R, STEP R TO R SIDE, TAP L BESIDE R
1-4 TOUCH L TOE TO L SIDE, TURN 1/4 TURN L & STEP L BESIDE R, TOUCH R TOE TO R SIDE, TURN 1/4 TURN R & STEP R BESIDE L
5-8 ROCK L TO L SIDE, REPLACE WEIGHT TO R, TOUCH L BEHIND R, UNWIND 1/2 TURN L ENDING ON L FOOT
1-4 STEP R FWD, STEP L BESIDE R, STEP R BACK, STEP L BESIDE R
5-8 STEP R FWD, HOLD, PIVOT 1/2 TURN L, HOLD
1-8 TOUCH R TOE FWD, HOLD, STEP R BACK, HOLD, TOUCH L TOE BACK, HOLD, STEP L FWD, HOLD (ON COUNTS 1,3,5,7- HEELS TWIST INWARD, ONCOUNTS 2,4,6,8 - HEELS TWIST OUTWARD)
1-4 STEP R FWD AT 45 DEG R PUSHING HIPS FWD, PUSH HIPS BACK, PUSH HIPS FWD, HOLD
5-8 STEP L FWD AT 45 DEG L PUSHING HIPS FWD, PUSH HIPS BACK, PUSH HIPS FWD, HOLD
1-4 TOUCH R TOE TO R SIDE, TOUCH R BESIDE L, TOUCH R TOE TO R SIDE, TURN 1/2 TURN R STEP R BESIDE L
5-8 TOUCH L TOE TO L SIDE, TOUCH L BESIDE R, TOUCH L TOE TO L SIDE, DROP L HEEL (FEET TO BE APART)
1-4 SWIVEL R HEEL L, SWIVEL R TOES L, SWIVEL R HEEL L, HOLD
5-8 TRAVELLING APPLEJACKS TO R x 2, TRAVELLING APPLEJACKS TO L x 2 (Heel swivels as an easy alternative)
1-4 STEP R ACROSS L, REPLACE WEIGHT TO L, STEP R TO R SIDE, REPLACE WEIGHT TO L
5-8 TOUCH R TOE ACROSS L, DROP R HEEL, ROCK L TO L SIDE, REPLACE WEIGHT TO R
1-4 STEP L ACROSS R, REPLACE WEIGHT TO R, STEP L TO L SIDE, REPLACE WEIGHT TO R
5-8 TOUCH L TOE ACROSS R, DROP L HEEL, ROCK R TO R SIDE, REPLACE WEIGHT TO L
1-8 STEP R BEHIND L, STEP L TO L SIDE, STEP R TO R SIDE. STEP L BEHIND R, STEP R TO

R SIDE, STEP L TO L SIDE, STEP R BEHIND L, UNWIND 3/4 TURN R ENDING ON R FOOT
1-4 STEP L FWD, STEP R BESIDE L, STEP L BACK, STEP R BESIDE L
5-8 ROCK FWD ON L, REPLACE WEIGHT TO R, TURN 1/4 TURN L & STEP L TO L SIDE,
DRAG R TOWARDS L

128 RESTART DANCE

TAG: At the end of the first wall only....there is a 16 count tag

1-16 TRAVELLING APPLEAJACKS TO L MAKING A FULL CIRCLE L - (Heel swivels as an easy alternative)