

Swing It

Description: 2 wall, phrased intermediate line dance

Music: Hi De Ho by K7 (The Mask Soundtrack – Track length approx 4.34)

Dance starts 32 counts after trumpet intro, on main vocals

Sequence: Start facing BACK wall. AB (32 counts), AAB, Tag1, AAAB, Tag2, AA

Choreographers: (August 2006)

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Part A

1-8 Walk RL, Charleston Steps, Mashed Potatoes

1-2 Walk fwd Rt, Lt

3-4 Touch Rt fwd, Step back Rt

5-6 Touch Lt back, Step forward Lt

&7 Step fwd on the ball of R, Swivel both heels in

&8 Step fwd on the ball of L, Swivel both heels in

9-16 Turn 3/4, Kick & Step, Run Run Run, Turn & Sweep

1-2 Step Rt fwd, Pivot 3/4 left

3&4 Kick Rt to Right, Step ball of Rt next to Lt (knees together and to the Lt), Step Lt fwd

5&6 3 short runs fwd RLR, keeping knees together and turning knees to side as you run

7&8 Pivot 1/2 turn Rt weight Lt, Pivot 1/4 turn Rt, Sweep Rt behind Lt

17-24 Sailor Step X2, Diagonal Lock Step Forward X2 (Dorothy Steps)

1&2 Step Rt behind Lt, Step Lt in place, Step Rt side Rt

3&4 Step Lt behind Rt, Step Rt in place, Step Lt side Lt

5&6 Lock Rt behind Lt, Step Lt diagonally Lt, Step Rt diagonally Rt

7&8 Lock Lt behind Rt, Step Rt diagonally Rt, Step Lt diagonally Lt

25-32 Step Turn Step, Lock Step Forward, Touch Roll, Touch Roll

1&2 Step Rt fwd, Turn 1/2 Lt, Step Rt fwd

3&4 Step Lt fwd, Lock Rt behind Lt, Step Lt fwd

5-6 Touch Rt toe fwd, Roll your hip full circle anti clockwise

7-8 Touch Lt toe fwd, Roll your hip full circle clockwise

NOTE:

There will be a floor split for Part B. The dance floor will be split in the center, so that dancers will be divided to the Right & Left side of the dancefloor. Those on the right side will be the Leaders and those on the left side will be the Followers. Before they start the dance, dancers will have to know which side they are on, as they start facing the back wall. Part B is ALWAYS danced facing the front wall.

Part B (Right Side)

1-8 Shout, Listen, Shout, Listen

1-2 Cup Rt hand over mouth looking to Lt & pointing Lt index finger to Lt (leaning Rt)

3-4 Cup Lt hand over Lt ear (leaning Lt)

5-6 Cup R hand over mouth looking to Lt & pointing Lt index finger to Lt (leaning Rt)

7-8 Cup Lt hand over Lt ear (leaning Lt)

9-16 Kick & Point Hold, Kick & Point Hold

- 1&2 Kick Rt fwd, Step Rt next to Lt, Point Lt to Lt
3-4 Hold
5&6 Kick Lt fwd, Step L next to Rt, Point Rt to Rt
7-8 Hold

17-24 C Bumps Left, Hold

- 1&2& Feet together Bump Lt hip up, Return to center, Bump Lt Hip Down, Return to center
3&4& Repeat 1&2&
5-8 Hold

Arm styling: Following hips with Lt hand, a small 'c' on 1&2&, then a big 'C' (extend arm) on 3&4 ending with Lt index finger pointing Lt and looking Lt

25-32 3 Hops Right then Left, Hold

- 1&2 Hop on Rt to Rt 3 times, Rt index finger pointing up & sweeping RLR (windscreen wiper)
3 & 4 Hop on Lt to Lt 3 times, Lt index finger pointing up & sweeping LRL (windscreen wiper)
5-8 Hold

Restart Part A here 1st time dancing B

33-40 Walk, Walk, Twirl Hand, Point, Hold

- 1-2 Step Rt fwd point R index finger to Rt (1), Bring Rt hand in (&),
Step Lt fwd point R index finger to Rt
3-4 Step Rt together & roll Rt fist clockwise x2 at right waist (3&),
Point Lt index finger to Lt looking Lt
5-8 Hold

41-48 Up Rock, Jump, Hold

- 1 Spring onto Rt (crossing Rt over Lt), hooking Lt behind Rt, facing diagonally Lt
& Spring back onto Lt, kicking Rt fwd, facing front
2 Spring onto Rt, kicking Lt fwd, facing front
& Spring onto Lt (crossing Lt over Rt), hooking Rt behind Lt, facing diagonally Rt
3 Spring back onto Rt, kicking Lt fwd, facing front
& Spring onto Lt, kicking Rt fwd, facing front
4 Spring both feet apart (weight on Lt)
5-8 Hold

Easier option:

- 1&2 Cross Rt over Lt, recover Lt, Step Rt to Rt
3&4 Cross Lt over Rt, recover Rt, Step Lt to Lt

Part B (Left Side)

1-8 Listen, Shout, Listen, Shout

- 1-2 Cup Rt hand over Rt ear (leaning Rt)
3-4 Cup Lt hand over mouth looking to Rt pointing Rt index finger Rt (leaning Lt)
5-6 Cup Rt hand over Rt ear (leaning Rt)
7-8 Cup Lt hand over mouth looking Rt pointing Rt index finger Rt (leaning Lt)

9-16 Hold, Kick & Point, Hold, Kick & Point

- 1-2 Hold
3&4 Kick Rt fwd, Step Rt next to Lt, Point Lt to Lt
5-6 Hold
7&8 Kick Lt fwd, Step Lt next to Rt, Point Rt to Rt

17-24 Hold, C Bumps Rt

1-4 Hold, feet together weight Rt

5&6& Bump Rt hip up, Return to center, Bump Rt Hip Down, Return to center

7&8& Repeat 5&6&

Arm styling: following hips with Rt hand, a small 'c' on 5&6, then a big 'C' (extend arm) on 7&8 ending with Rt index finger pointing Rt and looking Rt

25-32 3 Hops Right then Left, Hold

1-4 Hold, weight on L

5&6 Hop on Rt to Rt 3 times, Rt index finger pointing up & sweeping RLR (windscreen wiper)

7&8 Hop on Lt to Lt 3 times, Lt index finger pointing up & sweeping LRL (windscreen wiper)

Restart Part A here 1st time dancing B

33-40 Hold, Walk, Walk, Twirl Hand, Point

1-4 Hold, feet together weight Rt

5-6 Step Lt fwd point Lt index finger Lt (1), bring Lt hand in (&),

Step Rt fwd point Lt index finger Lt

7-8 Step Lt together & roll Lt fist anti-clockwise x2 at Lt waist (3&),

Point Rt index finger Rt looking Rt

41-48 Hold, Up Rock, Jump

1-4 Hold, feet together weight Lt

5 Spring onto Rt (crossing Rt over Lt), hooking Lt behind Rt, facing diagonally Lt

& Spring back onto Lt, kicking Rt fwd, facing front

6 Spring onto Rt, kicking Lt fwd, facing front

& Spring onto Lt (crossing Lt over Rt), hooking Rt behind Lt, facing diagonally Rt

7 Spring back onto Rt, kicking Lt fwd, facing front

& Spring onto Lt, kicking Rt fwd, facing front

8 Spring both feet apart (weight on Lt)

Easier option:

5&6 Cross Rt over Lt, recover Lt, Step Rt to Rt

7&8 Cross Lt over Rt, recover Rt, Step Lt to Lt

Tag 1 (4 counts)

1-4 Point Rt to R, ½ turn Rt on Lt step Rt together, point Lt to Lt, Step Lt together

Tag 2 (14 counts)

1-4 Point Rt to Rt, ½ turn Rt on Lt step Rt together, point Lt Lt, Step Lt together

5&6 Kick Rt to Rt, Rt ball next to Lt, Step Lt fwd keeping knees together

7&8 3 short runs fwd RLR, keeping knees together and turning knees to side as you run

9-12 Cross Lt over Rt (9), Slow unwind full turn Rt (10-12), weight ending on Rt

13-14 Unwind ½ turn Lt, weight Lt

Ending

The music will end with 1 more count (facing front wall), STRIKE A POSE!!!