

Swing Time

Choreography:	Niels B. Poulsen
Description:	48 counts, 2 walls, Easy intermediate, East coast swing rhythm
Music:	Dancelife – It's Chitlin' Time The Kentucky Headhunters – It's Chitlin' Time

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)

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)

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) – towards 1:30
- 3&4 Step R a small step fw (3), close L to R (&), step fw on R (4) – towards 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)

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)

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 (*weight is still on L foot*) (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) – *weight on R foot!* (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)

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)

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)

REPEAT

...taught and danced at



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