

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida; WWW.swivelfeet.se

Train Swing

Count: 32 Wall: 4 Level: Beginner

Choreographer: Niels Poulsen (DK): July 2019

Music: Lover Please by Billy Swan. 143 bpm. : 2.49. Album 'Greatest Hits'. iTunes etc



Intro: 16 counts from beginning of track. App. 7 secs. into track. Start with weight on L foot
OBS!!! NO TAGS – NO RESTARTS!

Actual footwork

Section 1	R side rock, R cross shuffle, box ½ R, L chassé
1 - 2	Rock R to R side (1), recover onto L (2) 12:00
3 & 4	Cross R over L (3), step L to L side (&), cross R over L (4) 12:00
5 - 6	Turn ¼ R stepping back on L (5), turn ¼ R stepping FORWARD on R (6) 6:00
7 & 8	Step L to L side (7), step R next to L (&), step L to L side (8) 6:00

Section 2	R back rock, R kick ball cross X 2, R side rock ¼ L
1 - 2	Rock back on R (1), recover onto L (2) 6:00
3 & 4	Kick R fwd (3), step R next to L (&), cross L slightly over R (4) 6:00
5 & 6	Kick R fwd (5), step R next to L (&), cross L slightly over R (6) 6:00
7 - 8	Rock R to R side (7), turn ¼ L when recovering onto L (8) 3:00

Section 3	Cross point, cross point, R jazz box, cross
1 - 4	Cross R over L (1) point L to L side (2), cross L over R (3), point R to R side (4) 3:00
5 - 8	Cross R over L (5), step back on L (6), step R to R side (7), cross L over R (8) 3:00

Section 4	R step diagonal, together, heel bounces X 2, repeat to L diagonal
1 - 2	Step R into R diagonal (body stays facing 3:00) (1), step L next to R (2) ...
& 3 & 4	Fun styling: swing both hands backwards brushing hips (1), swing both hands forwards brushing hips (2) 3:00 Lift both heels off the floor (&), push heels into floor and clap hands (3), repeat heel bounces and clap hands (&4) 3:00
5 - 6	Step L into L diagonal (body stays facing 3:00) (5), step R next to L (6)
& 7 & 8	Fun styling: swing both hands backwards brushing hips (5), swing both hands forwards brushing hips (6) 3:00 Lift both heels off the floor (&), push heels into floor and clap hands (7), repeat heel bounces and clap hands (&8) 3:00

Start Again!

Ending When doing wall 12 you automatically finish counts 25 - 32 facing 12:00 12:00