SWINGIN’ AND SWAYIN’

Choreo by: Don & Linda Hichman, 2336 Pine Forest Dr., Gastonia, NC 28056-9237
Phone: 704-408-0455 email: DonHi@carolina.rr.com Release: Mar 2008
Music: Album: Imperial Swing Orchestra – Track 2
Footwork: Opposite, directions for man except as noted (W’s in parentheses)
Rhythm: Single Swing Jive Phase: IV + 1 [Stop & Go]
Sequence: INTRO A B A B A B END Speed: As recorded

INTRODUCTION

1 – 4 WAIT;; 2 FWD TRPLS; SLO SWIVEL 2;
1-4 [8-10 Ft apt – M fc ptrn & wall] Wait;; Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
Fwd L with swvl action to L,–, fwd R with swvl action to R,–;
5 – 8 2 FWD TRPLS; SLO SWIVEL 2 to SCP; 2 FWD TRPLS; QK SWIVEL 4 to FC;
5-8 Repeat meas 3 & 4 of INTRO end inSCP;; In SCP repeat meas 3 of INTRO:
With swivel action fwd L, R, L, R blend to CP;
9 – 12 SD TCH SD; FALLAWAY RK ~ RK REC SD CL;;;
9-12 Sd L, tch R to L, sd R,–; Rk bk L to SCP, rec R to fc, sd L,–; Sd R,–, Rk bk L to SCP, rec R to fc; Sd L,–, cl R to L,–;

PART A

1 – 4 SD TCH SD; FALLAWAY THROWAWAY ~ CHG HNDS BHD BK;;;
1-4 Repeat meas 9 of Intro; Rk bk L, rec R, sd L,– start ¼ LF trn; Sd R,– (W r k bk R, rec L, PU R,–; sd L,–) end LOP M fc ptr & LOD, r k bk L, rec R; Fwd L trng ¼ LF,–,
slight sd & bk R cont trn ¼ LF,– (W fwd R trng ¼ RF,–, sd & bk L trng ¼ RF,–) end
LOP M fc RLOD & ptrn;
5 – 7 CHG L to R [COH] ~ CHG HNDS BHD BK;;;
5-7 Rk bk L, rec R, sd L trng ¼ RF,– (W r k bk R, rec L, fwd R trng LF under jnd lead
hn ds,–); Sd R,– (W sd L cont LF trn to fc ptrn,–) Repeat meas 2.5 – 4 Part A,–;
8 – 10 AMERICAN SPIN ~ BASIC RK;;;
8-10 Rk bk L, rec R, sd L,– (W r k bk R, rec L, sd R spin RF 1 full trn,–); Sd R,–, rk apt L, rec R to CP; Sd L,–, sd R,–;
11 – 13 RIGHT TRNG FALLAWAY [2];;;
11-13 Rk bk L to SCP, rec R to fc, trng RF ¼ sd R,–; Trng RF ¼ sd L,–, Repeat end CP
M fc ptrn & wall,–;
14 – 16 FALLAWAY THROWAWAY ~ LINK RK to SCP;;;
14-16 Repeat meas 2 – 2.5 Part A,–, rk apt L, rec R; Start ¼ RF trn fwd L,–, sd & fwd R,–
end CP M fc ptrn & wall,–;
PART B

1 – 3 PRETZEL TURN;;;

1-3 Rk bk L in SCP, rec R to fc, sd & fwd L trng ½ RF keep M’s L & W’s R hnds jnd,-;
Sd & fwd R trng ¼ RF [end sd by sd w/M’s L & W’s R hnds jnd bhd backs],-, Rk fwd L w/R hand ext fwd, rec R; Sd & fwd L trng ¼ LF still retain M’s L & W’s R hnds,-, sd R,- blend to CP M fc ptnr & wall,-;

4 – 8 CHG R to L ~ STOP & GO ~ CHG L to R;;;;;

4-8 Rk bk L in SCP, rec R, sd L trng ¼ LF,- (W rk bk R to SCP, rec L, fwd R trng ¾ RF under jnd lead hnds,-); Sd R,- (W sd & slightly bk L,-) end LOP M fc ptnr & LOD, rk bk L, rec R; Fwd L,- (W IP R trng ½ LF under jnd hnds to end at M’s R sd,-), rk fwd R, rec L; Small bk R,- (W IP I trng ½ RF under jnd hnds,-) end LOP LOD, rk bk L, rec R; sd L trng ¼ RF,- sd R,- (W fwd R trng LF under jnd lead hnd,-, sd L cont LF trn,-) end in LOP M fc wall;

9 – 10 STOP & GO;;

9-10 Repeat meas 4.5 to 6.5 Part B start & end in LOP wall;;

REPEAT PART A – [Note: as you repeat meas 1 the 2nd & 3rd times blend to CP]

REPEAT PART B

REPEAT PART A – [Note: as you repeat meas 1 the 2nd & 3rd times blend to CP]

REPEAT PART B

ENDING

1 – 5 CIRC SNAP AWAY & TOG in 4 SLO;; VINE 8;; LUNGE;

1-5 Starting LF (W RF) circle & snapping fingers as you lift foot up fwd L,-, R,-;
L,-, R,- blend to BFLY; Sd L, XR IBO L, sd L, XR IFO L; Repeat meas 3 of ending; Sd L with lunge & hold;
HEAD CUES
SWINGIN’ AND SWAYIN’

[8 FT APT] WAIT;; 2 FWD TRPLS; SLO SWIVEL 2; 2 FWD TRPLS; SLO SWIVEL 2 [SCP]; 2 FWD TRPLS; QK SWIVEL 4 TO FC; SD TCH SD; FALLAWAY RK;; RK REC – SD CL;;

SD TCH SD; FALLAWAY THROWAWAY;; CHG HNDS BHD BK;; L to R [COH];; CHG HNDS BHD BK;; AMERICAN SPIN;; BASIC RK;; R TRNG FALLAWAY [2];; FALLAWAY THROWAWAY;; LINK RK to SCP;;

PRETZEL TRN;; CHG R to L;; STOP & GO;; CHG L to R;; STOP & GO;;

SD TCH SD [CP]; FALLAWAY THROWAWAY;; CHG HNDS BHD BK;; L to R [COH];; CHG HNDS BHD BK;; AMERICAN SPIN;; BASIC RK;; R TRNG FALLAWAY [2];; FALLAWAY THROWAWAY;; LINK RK to SCP;;

PRETZEL TRN;; CHG R to L;; STOP & GO;; CHG L to R;; STOP & GO;;

SD TCH SD [CP]; FALLAWAY THROWAWAY;; CHG HNDS BHD BK;; L to R [COH];; CHG HNDS BHD BK;; AMERICAN SPIN;; BASIC RK;; R TRNG FALLAWAY [2];; FALLAWAY THROWAWAY;; LINK RK to SCP;;

PRETZEL TRN;; CHG R to L;; STOP & GO;; CHG L to R;; STOP & GO;;

CIRC SNAP AWAY & TOG IN 4 SLO;; VINE 8;; LUNGE;