



ROUND DANCE INSTRUCTIONS

FEBRUARY 1983

Published Monthly at 976 Garnet Ave., San Diego, Calif. 92109

A HEAP OF SWING

Choreography by: Norm & Louise Pewsey, 2583 N. Lake Ave., Altadena, CA 91001
Record: Happy Tracks 507-B
Position: R-palm to R-palm M fcg RLOD for Intro - As noted for Dance
Footwork: Opposite except where noted
Sequence: INTRO - AB - INTERLUDE - C

INTRO

(1-4) (R PALM to R PALM/RLOD)WAIT; WAIT; CIRCLE SWIVEL WALK,-,2,-; CIRCLE SWIVEL WALK,2,3,4(1/2 OP
1-2 M fcg RLOD (W fcg LOD) R hand to R hand wait 2 measures;;
SS 3 Trng RF fwd L (heel in - toe out), swivel on ball of L, fwd R (heel in - toe out),
swivel on ball of R;
QQQQ 4 Repeat meas 3 of INTRO doing 4 quicks (L,R,L,R;) On last step W trn 1/2 RF to fce
LOD to end 1/2 OP cfg LOD.

PART A "OPUS ONE"

(1-4) PT,STEP,PT,STEP; PT,STEP,PT,STEP(FCE); SD/CL,SD (1/2 L OP/RLOD),RK BK,REC(FCE); SD/CL,SD,
(1/2 OP/LOD),RK BK,REC;
QQQQ 1 Progressing LOD pt L, step L, pt R step R;
QQQQ 2 Pt L, step L, pt R, step R to fce ptr;
Q&QQQ 3 With a rolling action (M LF W RF) sd L/cl R, sd L to 1/2 L OP fcg RLOD, rk bk R,
rec L to fce ptr;
Q&QQQ 4 With a rolling action (M RF W LF) sd R/cl L, sd R to 1/2 OP fcg LOD, rk bk L, rec R

(5-8) REPEAT MEAS 1-4 PART A to CP fcg WALL; ; ; ;

(9-12) KICK,STEP,KICK,STEP; KICK,STEP,KICK,STEP; (SCP LOD)RK BK,REC,FWD/2,3(UNDERARM TRN);
BK/2,3,RK APT,REC;

QQQQ 9 Kick L fwd outside of W's feet (keep toe close to floor), step in place L (W kick
R fwd between M's feet, step in place R), kick R fwd between W's feet (keep toe
close to floor), step in place R (W kick L fwd outside M's R, step in place L);
QQQQ 10 Repeat actions of meas 9 PART A;
SS&Q 11 In SCP fcg LOD rk bk L, rec R, fwd L/cl R, fwd L (W R/L,R commencing RF trn
under M's L & W's R hands);
Q&QSS 12 Bk R/cl L, bk R, rk bk L, rec fwd R (W sd/cl, sd, cont trn RF rk bk R, rec L) to
end fcg ptr & LOD;

(13-16) (REV UNDERARM TRN)FWD/2,3,BK/2,3; RK BK,REC,PVT,-; CONT PVT,-,PUSH,PULL: (BFLY)VINE 4;

Q&QQ&Q 13 Fwd L/cl R, in place L, bk R/bk L, bk R (W rev underarm trn fwd R/cl L fwd R,
trng LF under M's L & W's R hands bk L/cl R, bk L to SCP fcg LOD);

QQS 14 Rk bk L, manu R, start a RF cpl pvt on L, -;
SQQ 15 Cont pvt on R to CP fcg WALL, -, rk apt L, rec R to BFLY
QQQQ 16 Sd L, XRIB (W XIB), sd L, XRIF (W XIF);

(17-20) (BFLY)(SAND STEP)TOE,HEEL,CROSS,-; TOE,HEEL,CROSS,-; VINE 4; STEP,SWING,SWIVEL,SWIVEL;

QQS 17 From BFLY tch L toe to R instep & swivel R on ball of R, tch L heel to R instep
& swivel L on ball of R, XLIF (W XIF);
QQS 18 Tch R toe to L instep & swivel L on ball of L, tch R heel to L instep and
swivel R on ball of L, XRIF (W XIF);
QQQQ 19 Sd L, XRIB (W XIB), sd, L, XRIF (W XIF);
QQQQ 20 Step L twd LOD, swing R IF of L, step on R beside L, with weight on ball of both
feet swivel R, swivel L;

(21-24) REPEAT MEAS 17-20 PART A to SCP fcg LOD; ; ; ;

(25-28) FWD,2,3,-; FWD,2,3(W PU DIAG SCAR); FWD,2,3,-; RK SD,REC,FWD(BJO),-;

QQS 25 In SCP fcg LOD fwd L, fwd R, fwd L, -;
QQS 26 Fwd R, fwd L, fwd R, -; (W picks up to SCAR fcg diag LOD & WALL)
QQS 27 Fwd L, fwd R, fwd L, -;
QQS 28 Blend CP LOD rk sd R, rec L, fwd R to BJO fcg dial LOD & COH;

(29-32) FWD,2,3,-; FWD,SD,BK(SCAR RLOD); SD,BK,SD(W TWIRL RF to SCP LOD), -; FWD,2,3,-;

QQS 29 Fwd L, fwd R, fwd L, -;
30 Fwd R, fce ptr sd L to SCAR, XRIB in SCAR, (W bk L, fce ptr sd R to SCAR,
XLIF,) -;

QQS 31 Sd L, XRIB, sd L, (W twirl RF, 2, 3, to SCP LOD) -;

QQS 32 Fwd R, fwd L, fwd R, -;

(33-40) REPEAT MEAS 25-32 PART A to OP fcg LOD

PART B "STOMPIN' AT THE SAVOY"

(1-4) (OP LOD)APART,-,SWING,-; ROLL ACROSS,-,2,-; APART,-,SWING,-; ROLL BACK,-,2,-;

SS 1 Step L, -, swing XRIF of L, -(W step R, -, swing XLIF of R, -);
SS 2 Step R & roll RF in back of W a full trn to L OP fcg LOD, -, step L, -(W step
L & roll LF in front of M a full trn to L OP fcg LOD, step R, -);
SS 3 Step R, -, swing XLIF of R, -(W step L, -, swing XRIF of L, -);
SS 4 Step L & roll LF in back of W 3/4 to fce LOD & WALL & touch M's L palm to W's
L palm, -, step R, -(W step R & roll RF in front of M 3/4 to fce COH & RLOD
& touch M's L & W's L palm, -, step L, -);

(5-8) FWD,LK,FWD,-; FWD,LK,FWD,-; CIRCLE SWIVEL WALK,-,2,-; CIRCLE SWIVEL WALK,2,3,4(OP RLOD);

QQS 5 (L palm to L palm) fwd L, lk R, fwd L, -;
QQS 6 (Change to M's R palm to W's R palm) Fwd R, lk L, fwd R, -;
SS 7 (Circle swivel) Hold R hand to R hand & pulling away from each other M step
fwd L (heel in - toe out), swivel on ball of L, step on R (heel in - toe out),
swivel on ball of R;
QQQQ 8 Repeat previous meas doing 4 quicks (L,R,L,R;) On last step W trn 1/2 RF to fce
RLOD in OP.

"A HEAP OF SWING"  
(cont.)

(9-12) REPEAT MEAS 1-4 PART B TWD RLOD

On meas 12 on roll across M fce COH & RLOD & W fce WALL & LOD L palm to L palm.

(13-16) REPEAT MEAS 5-8 PART B TWD RLOD

On last swivel step just step on M's R & W's L. End in BFLY to do "sand step".

(17-24) REPEAT MEAS 17-24 PART A

(25-32) REPEAT MEAS 1-8 PART B

End R palm to R palm with M fceg RLOD

↔ INTERLUDE ↔

(1-2) CIRCLE SWIVEL WALK,-,2,-; CIRCLE SWIVEL WALK,2,3,4(½ OP fcg LOD)

Repeat actions of meas 3-4 of INTRO

↔ PART C "TUXEDO JUNCTION" ↔

(1-24) REPEAT MEAS 1-24 PART A

(25-40) REPEAT MEAS 1-15 PART A

(41) (CP WALL) SD,CROSS IN BACK,SD LUNGE,-;

41 With M fceg WALL sd L, XRIB (W XIB), sd L as lunge LOD. End lunge in REV SCP  
fcg RLOD.