

## 241 Swing

Phrased, 80 Count, 2 Wall, Intermediate  
Choreographer: Laura Hilbert (UK) Nov 2013  
Choreographed to: Don't Let Me Down (swing),  
Album: Best Of Exhilarate Soundtrack 1

**Count in :** 21secs

**Notes:** this dance is made of 2 sections.

Section 1 (swing) is danced x5 with tags

Section 2 (funky) is danced until the end of the song.

### Section 1 (48 counts)

**1-8 STEP, WALK, WALK, RIGHT SHUFFLE, STEP KICK RIGHT FORWARD, STEP TOUCH LEFT BEHIND**

& 1-2 Step left, walk forward on right, walk left.

3&4 Step forward on right, close left to right, step forward on right.

5-6-7-8 Step forward on left, kick right leg forward, step back on right, touch left behind.

**9-16 STEP KICK RIGHT, BEHIND SIDE IN FRONT, KICK LEFT FORWARD, SIDE, LEFT SAILOR 1/4 LEFT**

1-2 Step forward on left, kick right leg forward,

3&4 Step right behind left, step left to left side, step right across left.

5-6 Kick left leg forward, kick left leg to left side

7&8 Cross left behind right, step right to right side making 1/4 left, step left slightly to left side.

**17-24 WALK, WALK, HITCH AND STEP HITCH AND STEP, x2 KICKS FORWARD RIGHT SIDE, BEHIND SIDE IN FRONT**

1-2 Walk forward on right, walk forward on left,

3&4 Hitch right leg up, step weight down onto right, step slightly forward on left

5-6 Kick right leg forward, kick right to right side

7&8 Step right behind left, step left to left side, cross right across left

**25-32 X2 KICKS FORWARD LEFT SIDE, SAILOR 1/2 LEFT, STEP RIGHT PIVOT 1/4 STEP BACK RIGHT 1/2 OVER LEFT HOLD**

1-2 Kick left leg forward, kick left to left side.

3&4 Making 1/2 turn over left shoulder, cross left behind right, step right to right side, step left slightly to left.

5-6-7-8 Step forward on right, pivot 1/4 left, making 1/2 turn over left shoulder step back on right foot and hold.

**33-40 LEFT SAILOR STEP, RIGHT COASTER STEP, KICK AND TOUCH, JUMP OUT, OUT, JUMP IN.**

1&2 Cross left behind right, step right to right side, step left slightly to left side.

3&4 Step back on right, close left to right, step forward on right

5&6 Kick left foot forward, step weight onto left, touch right to left.

&7-8 Jump right foot to right side, jump left foot to left side, jump both feet in together.

**41-48 WALK BACK X4 (Twisting heels in, out on each step) RIGHT SIDE TOUCH, AND STEP TOUCH**

&1&2 Step back on right twisting both heels in, out, step back on left twisting both heels in, out

&3&4 Repeat &1&2

5-6 Step right to right side, touch left to right,

&7-8 Step back on left, step forward on right, touch left to right

**Tag is at the end of wall 2**

1-2-3-4 Step forward on left, pivot 1/2 turn over right shoulder, repeat.

**Repeat At the end of wall 4 repeat counts 33-48.**

### Section 2 (32 counts)

**1-8 LEFT SAILOR STEP, KICK AND POINT, LEFT SAILOR 1/4 LEFT, BALL STEP, HITCH**

1&2 Step left behind right, step right to right side, step left slightly to left side.

3&4 Kick right foot forward, step weight on to right, point left foot to left side.

5&6 Making 1/4 turn left (3.00) cross left behind right, step right to right side step left slightly to left side.

&7-8 Step right ball to left, step left forward. Hitch right leg up.

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**9-16 x2 HIP BUMPS RIGHT 1/4 LEFT, COASTER 1/4 LEFT, WALK RIGHT WALK LEFT, SIDE TOUCH (clap)**  
1&2 Making 1/4 turn to left (12.00), x2 hip bumps to right.  
3&4 Making another 1/4 left (9.00) step back on left, step right beside left, step forward on left.  
5-6 Walk forward crossing right over left, walk forward crossing left over right.  
7-8 Big step right to right side, touch left beside right with a clap.

**17-24 LEFT KICK AND POINT, RIGHT KICK AND POINT, FULL TURN LEFT, RIGHT, LEFT, X2 CLAPS**  
1&2 Kick left foot forward, step weight onto left, point right to right side  
3&4 Kick right foot forward, step weight onto right, point left to left side.  
5-6-7&8 Make a full turn over left shoulder stepping left, right, left, x2 claps

**25-32 ROCK AND STEP, 1/4 SAILOR LEFT, ROCK FORWARD RECOVER, STEP TURN STEP (turn and 1/2) Alternative is to do a right shuffle 1/2 over right shoulder**  
1&2 Rock forward on right, recover weight onto left, step right to right side.  
3&4 Making 1/4 to left (6.00) cross left behind right, step right to right side, step left slightly to left side  
5-6 Rock forward on right, recover weight onto left,  
7&8 Turn a full turn and 1/2 over right shoulder to face (12.00) step right, left right.  
Option: Or a right shuffle 1/2 over right shoulder

**Slow turn to face the front for the end !! :-D**

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