

SWINGIN' ALONG (Basic Lindy)

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RECORD: "Swingin' Along" - Windsor 4704

POSITION: INTRO - Open-Facing; DANCE - Semi-CP facing LOD

FOOTWORK: Opposite throughout; steps described for M except where otherwise indicated

NOTE: Basic Rhythm: For Basic Step -- Slow, Slow, Quick, Quick

MEASURES

INTRODUCTION

WAIT WAIT; WAIT; APART,-,POINT,-; TOGETHER(to SCP),-,TCH,-;

Wait 2 meas in Open-Facing Pos;; Step apart L,-, point R twd ptr,-; Step together assuming SCP facing LOD,-, tch L to R.

DANCE

1-3 (Rock)FWD,-,(Rock)BK,-; BACK,FWD,(Rock)FWD,-; (Rock)BK,-,BACK,FWD;

Rock fwd on L,-, Rock bk on R,-; Step bk on L,step fwd on R, (Basic Step)
Rock fwd on L,-, Rock bk on R,-, Step bk on L,step fwd on R; (Basic Step)

4-6 W TWIRL,-,2,-; BK,FWD, W REV TWIRL,-; 2,-,BK,FWD;

M repeats Meas 1-3 (basic step) while W makes a ½ RF twirl under her own R & M's L arm to face M & RLOD by stepping slow R,-,slow L,-; Step bk quick R, fwd quick L, W makes a ½ LF twirl under same arms to face LOD in SCP by stepping slow R,-,slow L,-, step bk quick R, fwd quick L;

7-8 WALK,-,2,-; 3,-,FACE(Bfly),-;

Walk 4 slow steps L,-,R,-; L,-,R turning to face ptr & wall on last step coming into BFLY POS M facing wall,-.

9-12 TOE,HEEL,CROSS,-; TOE,HEEL,CROSS,-; WALK,-,2,-; 3,-,FACE(Bfly),-;

Swivel movement point L toe to R instep, point L heel to R instep, cross L over R,-; Point R toe to L instep, point R heel to L instep, cross R over L assuming SCP,-; Facing LOD walk 4 slow steps turning to face ptr & wall on last step taking BFLY POS.

13-16 TOE,HEEL,CROSS,-; TOE,HEEL,CROSS,-; WALK,-,2,-; 3,-,FACE(Bfly),-;

Repeat action of Meas 9-12 to end M facing ptr & wall both hands joined.

17-19 (Rock)SIDE,-,(Rock)SIDE,-; BK,FWD,ROLL,-;2,-,STEP,STEP;

Rock swd on L LOD,-,rock swd on R RLOD,-; Step back L, step fwd R, Make 1 complete LF (W RF) roll down LOD in 2 steps L,-; R,- to end facing ptr & wall, step quick L, & quick R in place.

20-22 (Rock)SIDE,-,(Rock)SIDE,*; BK,FWD,ROLL,*; 2,-,STEP,STEP;

Repeat action of Meas 17-19 coming into LOOSE-CP M facing wall.

23-24 VINE,-,2,-; 3,-,4(to SCP),-;

Vine LOD stepping to side on L,-,behind on R,-; Side on L,-,thru R to SCP facing LOD,-. (W also XIB)

25-27 (Rock)FWD,-,(Rock)BK,-; BK,FWD,(Rock)FWD,-; (Rock)BK,-,BK,FWD;

Repeat action of Meas 1-3 (Basic step).

28-30 W TWIRL,-,2,-; BK,FWD,W REV TWIRL,-; 2(to Vars),BK,FWD;

Repeat action of Meas 4-6 of dance except as W twirls out M lets go with his L hand & takes W's R in his R as W twirls LF to VARS POS to do the quick bk,fwd.

31-32 SWIVEL,-,2,-; 3,-,4(to SCP),-;

4 slow swivel steps crossing L over R,-,R over L,-; L over R,-,R over L adjusting to SCP facing LOD,-.

PERFORM ENTIRE ROUTINE FOR A TOTAL OF THREE TIMES

ENDING: Step apart & point (last note).