

Swingin' R's

choreographers: Rob "I" Ingenthron and Robert Roysten. January 2000

dance level:intermediate/advanced

music type:well-phrased swing music-around 200 BPM (but slower works just fine)

signature music:"Jump Jive An' Wail"

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Brian Setzer Orchestra alternate music: "Bring It On Down To My House"

The dance has two sections, and the order is ABB, ABB, ABB, etc for the whole song (which fits the phrasing for the signature song).

Steps

Description Section A

1-8 Suzie Q's (travelling heel grinds)

1 step across (in front of) left onto right heeltie should be pointed at 45 degrees to left. The left foot should remain in line with right foot and behind it. (Feet stay in 4th foot position throughout this section.)

2 keeping weight on right heel and keeping the left foot inline behind the right foot, swivel on the right heel so that the left foot moves to the left, stays in line with the right and the right toe is now pointing 45 degrees to the right.

3 (repeat count 1)

4(repeat count 2)

5(repeat count 1)

6(repeat count 2)

7(repeat count 1)

8(repeat count 2)

9-16 Tap Steps

1rock forward onto right

2rock back onto left

3brush right foot forward quickly (on spot where you rocked &step down on right foot (somewhere close to the left foot)

4step on left (somewhere next to right foot).

5 rock forward onto right

6 rock back onto left

7 brush right foot forward quickly (on spot where you rocked)& step down on right foot (somewhere close to the left foot)

8step on left (somewhere next to right foot).

17-24Lindy or Charleston Kicks

1right-kick forward with right foot

2bring right foot back next to left (without stepping or touching the ground) to start 1/2 turn to right on left

3 finishing the 1/2 turn, right-kick forward with right foot

4 step right foot next to left

5 left-kick with left foot

6 bring left foot back next to right (without stepping or touching the ground) to start 1/2 turn to left on right

7 finishing the 1/2 turn, left- kick forward with left foot

8 step on left next to right

25-32 Kicks, Vine (moving back a little)

1 small kick to right with right foot (keep toe pointed to right)

2 step with right crossing behind left to start vine moving to left (and moving back a little)

3 step to left with left

4 step with right crossing over (in front of) left moving to left

5 small kick to left with left foot (keep toe pointed to left)

6 step with left foot crossing behind right to start vine moving to right (and moving back a little)

7 step to right with right (moving back a little)

8 step with left crossing over (in front of) right moving to right (moving back a little)

33-40 half-time Box Step (with a slight added bounce with the beat)

1 Cross right foot over left (weight ends on right)

2 hold

3 Step back on left foot

4 hold

5 step to right on right foot

6 hold

7 Step forward on left foot

41-48 Boogie Walks *8 small kick out to right with right foot (keep leg straight-foot pointed to right)

&1 step right next to left, small step forward with left. (right knee should be bent behind left-weight should be on outside edge of left foot.

2 small step forward with right-weight should be on outside edge of right foot.

3 small step forward with left weight should be on outside of left foot.

4-7 (repeat counts 8-3.)

8 small step forward with right. Section B

49-56 Savoys (or Charlestons as an alternative)

1 big kick forward with left (not above waist) "bouncing" very slightly on the right foot at the same time.

2 step down on left foot next to right foot (continuing the "bouncing" movement with the beat).

3 big kick forward with right foot (not above waist).

4 move right leg next to left but don't place the foot down.

5 Kick right foot back.

6 hook right behind left and lift left up at the same time (like skipping).

7 start to bring the left leg from in front of you to behind you. (Should be a slightly rounded movement.)

8 Touch the left toe back.

57-64 Savoys 1-64 (repeat)

65-72 Shuffle Claps-forward, clap, back, clap, forward, forward, forward, clap & 1 keeping feet shoulder-width apart and knees bent, hop forward with the left foot on & and the right foot on

1 2 clap & 3 keeping feet apart and knees bent, hop backward with the right foot on & and the left foot on

3 4 clap

& 5 & 6 & 7 keeping feet apart and knees bent, hop forward as right left (& 5) right left (& 6) right left (& 7)

8 clap

73-80 Shuffle Claps - backward, clap, forward, clap, back, back, back, clap

& 1 keeping feet shoulder-width apart and knees bent, hop backward with right foot on & and the left foot on 1

2 clap

& 3 keeping feet apart and knees bent, hop forward with the right foot on & and the left foot on 3.

4 clap

& 5 & 6 & 7 keeping feet apart and knees bent, hop backward as right left (& 5) right left (& 6) right left (& 7)

8 clap

81-84 Move to the Right (one-foot shuffle)

1-3 keeping the left foot planted, for 1 2 3 place the foot to the right, moving progressively to the right. (Each placement travels further and further, so the movements should be small.)

4 hold

85-88 Move to the Left (one-foot shuffle)

5-7 keeping the right foot planted, for 1 2 3 place the foot to the left, moving progressively to the left. (Each placement travels further and further, so the movements should be small.)

8 hold

89-92 Pigeon Head

1& from the current position, do not move feet. For count 1, "bob" the head forward using the neck, on the &, move the head back. (the head should be up the entire time, only moving forward and back)

2& repeat

3 "bob" the head forward using the neck

4 hold

93-96 Swivel Walk to Hit (end on opposite wall)

5 starting a turn to the left, step on right foot with toe pointed out.

6 continuing turn, step on left foot with toe pointed out

7 finish turn by stepping onto right foot (in Vaudeville or tap dance fa

shion) so that the weight is completely on the right foot and the left leg is raised off the floor behind you and your arms are out. (You should be leaning forward a little.)

8 hold

Repeat Section B (almost!)

49-96 (Restart from Savoy's, but end with "Pimp Walk" instead of the "Pigeon Head" move and the "Swivel Walk", ending on opposite wall)

89-96 "Pimp" Walk

1 bending knees a little and bending over a little for style, step right so that right foot points forward, swing right arm back (kind of far behind you)

2 hold steps, but click fingers (right hand)

3 staying with the "swingin'" bent over styling, step left foot so that left is 1/4 turn to left, swinging right arm to be in

front of you

4 click fingers while holding steps

5 step right somewhere near the left, swing right arm back

6 click fingers while holding steps

7 step left foot so that left is 1/4 turn to the left (starting line of dance), swinging the right arm forward

8 click the fingers while holding steps.

This last 8-count section should be done with a little "bounce" to look cool, like the "Zoot Suits" of old...?