



Holtzheim

INSTRUCTORS : Céline & Thierry SCHMITT (FRANCE)
<http://www.country-holtzheim.com>

Swing Low Sweet Chariot

TYPE: 4 Wall
RATING: Beginner/ Intermediate
COUNT: 32
CHOREOGRAPHER: Jo Thompson
MUSIC: BPM "Swing Low Sweet Chariot" –Scooter Lee

Wait for the slow vocal intro, then there will be 8 heavy beats, start on the word "swing"

STEP DESCRIPTION:

TRIPLE RIGHT, ROCK BACK, RECOVER, TRIPLE LEFT, ROCK BACK, RECOVER

- 1&2 Step right foot to right side, step together with left foot, step right foot to right side
- 3-4 Rock back with left foot, replace weight forward to right foot
- 5&6 Step left foot to left side, step together with right foot, step left foot to left side
- 7-8 Rock back with right foot, replace weight forward to left foot

DIAGONAL, TOUCH, KICK BALL CHANGE, DIAGONAL, TOUCH, KICK BALL CHANGE

- 1 Step right foot forward to right diagonal
- 2 Touch ball of left foot beside right, keep weight on right foot
The diagonal step on count 1 can be a slightly larger step for emphasis
- 3&4 Kick left foot forward, rock back with ball of left, recover weight forward to right foot
- 5 Step left foot forward to left diagonal
- 6 Touch ball of right foot beside left, keep weight on left foot
The diagonal step on count 5 can be a slightly larger step for emphasis
- 7&8 Kick right foot forward, rock back with ball of right, recover weight forward to left foot
During the above 8 counts, keep your body facing forward

FORWARD ROCK, BACK ROCK, TWO ¼ TURNS LEFT

- 1-2 Rock forward with right foot, recover weight back to left foot
- 3-4 Rock back with right foot, recover weight forward to left foot
- 5-6 Step forward with right foot, turn ¼ left, shift weight to left foot
- 7-8 Step forward with right foot, turn ¼ left, shift weight to left foot

WALK FORWARD 3 STEPS, KICK AND CLAP, BACK 2, COASTER STEP

- 1-3 Step forward with right, step forward with left, step forward with right
- 4 Kick forward with left foot, clap hands and say whooo!
- 5-6 Step back with left foot, step back with right foot
- 7&8 Step back with left foot, step together with right, with left foot, step forward and slightly across in front of right

REPEAT