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: 120 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
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
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