

## SWINGIN' AND SWAYIN'

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Music: Album: Imperial Swing Orchestra – Track 2  
Footwork: Opposite, directions for man except as noted (W's in parentheses)  
Rhythm: Single Swing Jive Phase: IV + 1 [Stop & Go]  
Sequence: INTRO A B A B A B END Speed: As recorded

### INTRODUCTION

**1 – 4 WAIT;; 2 FWD TRPLS; SLO SWIVEL 2;**

1-4 [8-10 Ft apt – M fc ptr & wall] Wait;; Fwd L/cl R, fwd L, fwd R/cl L, fwd R;  
Fwd L with swvl action to L,-, fwd R with swvl action to R,-;

**5 – 8 2 FWD TRPLS; SLO SWIVEL 2 to SCP; 2 FWD TRPLS; QK SWIVEL 4 to FC;**

5-8 Repeat meas 3 & 4 of INTRO end in SCP;; In SCP repeat meas 3 of INTRO:  
With swivel action fwd L, R, L, R blend to CP;

**9 – 12 SD TCH SD; FALLAWAY RK ~ RK REC SD CL;;;**

9-12 Sd L, tch R to L, sd R,-; Rk bk L to SCP, rec R to fc, sd L,-; Sd R,-, Rk bk L to  
SCP, rec R to fc; Sd L,-, cl R to L,-;

### PART A

**1 – 4 SD TCH SD; FALLAWAY THROWAWAY ~ CHG HNDS BHD BK;;;**

1-4 Repeat meas 9 of Intro; Rk bk L, rec R, sd L,- start ¼ LF trn; Sd R,- (W rk bk R,  
rec L, PU R,-; sd L,-) end LOP M fc ptr & LOD, rk bk L, rec R; Fwd L trng ¼ LF,-,  
slight sd & bk R cont trn ¼ LF,- (W fwd R trng ¼ RF,-, sd & bk L trng ¼ RF,-) end  
LOP M fc RLOD & ptr;

**5 – 7 CHG L to R [COH] ~ CHG HNDS BHD BK;;;**

5-7 Rk bk L, rec R, sd L trng ¼ RF,- (W rk bk R, rec L, fwd R trng LF under jnd lead  
hnds,-); Sd R,- (W sd L cont LF trn to fc ptr,-) Repeat meas 2.5 – 4 Part A,;;

**8 – 10 AMERICAN SPIN ~ BASIC RK;;;**

8-10 Rk bk L, rec R, sd L,- (W rk bk R, rec L, sd R spin RF 1 full trn,-); Sd R,-, rk apt L,  
rec R to CP; Sd L,-, sd R,-;

**11 – 13 RIGHT TRNG FALLAWAY [2];;;**

11-13 Rk bk L to SCP, rec R to fc, trng RF ¼ sd R,-; Trng RF ¼ sd L,-, Repeat end CP  
M fc ptr & wall,;;

**14 – 16 FALLAWAY THROWAWAY ~ LINK RK to SCP;;;**

14-16 Repeat meas 2 – 2.5 Part A,;, rk apt L, rec R; Start ¼ RF trn fwd L,-, sd & fwd R,-  
end CP M fc ptr & wall,-;

**PART B**

**1 – 3 PRETZEL TURN;;;**

1-3 Rk bk L in SCP, rec R to fc, sd & fwd L trng ½ RF keep M's L & W's R hnds jnd,-; Sd & fwd R trng ¼ RF [end sd by sd w/M's L & W's R hnds jnd bhd backs],-, Rk fwd L w/R hand ext fwd, rec R; Sd & fwd L trng ¼ LF still retain M's L & W's R hnds,-, sd R,- blend to CP M fc ptr & wall,-;

**4 – 8 CHG R to L ~ STOP & GO ~ CHG L to R;;;;**

4-8 Rk bk L in SCP, rec R, sd L trng ¼ LF,- (W rk bk R to SCP, rec L, fwd R trng ¾ RF under jnd lead hnds,-); Sd R,- (W sd & slightly bk L,-) end LOP M fc ptr & LOD, rk bk L, rec R; Fwd L,- (W IP R trng ½ LF under jnd hnds to end at M's R sd,-), rk fwd R, rec L; Small bk R,- (W IP I trng ½ RF under jnd hnds,-) end LOP LOD, rk bk L, rec R; sd L trng ¼ RF,- sd R,- (W fwd R trng LF under jnd lead hnd,-, sd L cont LF trn,-) end in LOP M fc wall;

**9 – 10 STOP & GO;;**

9-10 Repeat meas 4.5 to 6.5 Part B start & end in LOP wall;;

REPEAT PART A – [Note: as you repeat meas 1 the 2<sup>nd</sup> & 3<sup>rd</sup> times blend to CP]

REPEAT PART B

REPEAT PART A – [Note: as you repeat meas 1 the 2<sup>nd</sup> & 3<sup>rd</sup> times blend to CP]

REPEAT PART B

**ENDING**

**1 – 5 CIRC SNAP AWAY & TOG in 4 SLO;; VINE 8;; LUNGE;**

1-5 Starting LF (W RF) circle & snapping fingers as you lift foot up fwd L,-, R,-; L,-, R,- blend to BFLY; Sd L, XR IBO L, sd L, XR IFO L; Repeat meas 3 of ending; Sd L with lunge & hold;

**HEAD CUES**  
**SWINGIN' AND SWAYIN'**

**[8 FT APT] WAIT;; 2 FWD TRPLS; SLO SWIVEL 2; 2 FWD TRPLS; SLO SWIVEL 2 [SCP]; 2 FWD TRPLS; QK SWIVEL 4 TO FC; SD TCH SD; FALLAWAY RK;;, RK REC – SD CL;;,**

**SD TCH SD; FALLAWAY THROWAWAY;;, CHG HNDS BHD BK;;, L to R [COH];,, CHG HNDS BHD BK;;, AMERICAN SPIN;;, BASIC RK;;, R TRNG FALLAWAY [2];;; FALLAWAY THROWAWAY;;, LINK RK to SCP;;,**

**PRETZEL TRN;;; CHG R to L;;, STOP & GO;; CHG L to R;;, STOP & GO;;**

**SD TCH SD [CP]; FALLAWAY THROWAWAY;;, CHG HNDS BHD BK;;, L to R [COH];,, CHG HNDS BHD BK;;, AMERICAN SPIN;;, BASIC RK;;, R TRNG FALLAWAY [2];;; FALLAWAY THROWAWAY;;, LINK RK to SCP;;,**

**PRETZEL TRN;;; CHG R to L;;, STOP & GO;; CHG L to R;;, STOP & GO;;**

**SD TCH SD [CP]; FALLAWAY THROWAWAY;;, CHG HNDS BHD BK;;, L to R [COH];,, CHG HNDS BHD BK;;, AMERICAN SPIN;;, BASIC RK;;, R TRNG FALLAWAY [2];;; FALLAWAY THROWAWAY;;, LINK RK to SCP;;,**

**PRETZEL TRN;;; CHG R to L;;, STOP & GO;; CHG L to R;;, STOP & GO;;**

**CIRC SNAP AWAY & TOG IN 4 SLO;; VINE 8;; LUNGE;**