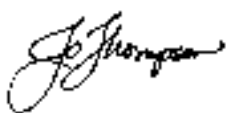




Approved by:



Swing Low Sweet Chariot

2 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Chasse Right, Back Rock, Chasse Left, Back Rock		
1 & 2	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
3 - 4	Rock back on left. Rock forward on right.	Back Rock	On the spot
5 & 6	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	Left
7 - 8	Rock back on right. Rock forward on left.	Back Rock	On the spot
Section 2	Step, Touch, Kick Ball Change, Step, Touch, Kick Ball Change		
1	Step right forward to right diagonal. (Can be larger step for emphasis).	Step	Forward
2	Touch ball of left beside right, keeping weight on right.	Touch	On the spot
3 & 4	Kick left forward. Step left beside right. Step onto right in place.	Kick Ball Change	
5	Step left forward to left diagonal. (Can be larger step for emphasis).	Step	Forward
6	Touch ball of right beside left, keeping weight on left.	Touch	On the spot
7 & 8	Kick right forward. Step right beside left. Step onto left in place.	Kick Ball Change	
Note	Counts 1 - 8: keep body facing forward.		
Section 3	Rocking Chair, Step 1/4 Turn Left x 2		
1 - 2	Rock forward on right. Rock back on left.	Forward Rock	On the spot
3 - 4	Rock back on right. Rock forward on left.	Back Rock	
5 - 6	Step right forward. Turn 1/4 left shifting weight onto left.	Step Turn	Turning left
7 - 8	Step right forward. Turn 1/4 left shifting weight onto left.	Step Turn	
Section 4	Walk Forward x 3, Kick With Clap, Back x 2, Coaster Cross		
1 - 2 - 3	Walk forward - right, left, right.	Right Left Right	Forward
4	Kick left forward and clap hands (and say whooo!)	Kick	On the spot
5 - 6	Step left back. Step right back.	Left Right	Back
7 & 8	Step left back. Step right beside left. Cross left over right.	Coaster Cross	On the spot

Choreographed by: Jo Thompson Szymanski (USA) March 2007

Choreographed to: 'Swing Low Sweet Chariot' by Scooter Lee (120 bpm) from CD Go To The Rock (slow vocal intro, then 8 heavy beats, start on word 'swing')