

# Swing Out!

High-Intermediate Duet

Music: by Swingerhead, on the album Swing It! (Beloved Recordings BEG21018-2)

Choreo: Josh "ClogDog" King [www.theclogdog.com](http://www.theclogdog.com) -- [Video Teach Available!!]

(Thanks to Carie Haney for the help!)

Intro: Wait 16 Beats. Start Left Foot.

**(a CLOGDOG Routine!)**

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## GROOVE

***Start out in Marsuvian Promenade - (G's Left hand to B's Left hand, G's Right hand over shoulder to B's Right hand)***

S (os)	Tch	Kick (f)	Kick (b)	-	S (os)	Tch	Kick (f)	Kick (b)	-	"Kicks"
L	R	R	R		R	L	L	L		
1	2	3	4		5	6	7	8		

S (os)	Tch	Kick (f)	Kick (b)	-	S	S	S	S	S	S	S	"Kicks"
L	R	R	R		R	L	R	L	R	L	R	"Jog"
1	2	3	4		5	& 6	& 7	& 8				

***On "Jog": B turn 1/2 R to face back, join Left hand with G's Left hand  
G turn 360 R, join Left hand with B's Left hand***

## SWING OUT!

DS	Kick (os)	S	RS (1/2 L)	DS	Kick (os)	S	RS (1/2 L)	"Swing Out!"
L	R	R	LR	L	R	R	LR	
&1	2	3	&4	&5	6	7	&8	

DS	Kick (os)	S	RS (1/2 L)	DS	DS	RS	RS	"Fancy Double"
L	R	R	LR	L	R	LR	LR	

***L hands stay joined for all 3 "Swing Out"s, turning together.***

***On "Fancy Double": Turn another 1/2, facing each other and joining R hands OVER the joined L hands (R to R, L to L)***

DS	RS	DS	RS	DS	RS	"3 Basics"
L	RL	R	LR	L	RL	"DIP TURN"

***On the 3 basics: B pulls with R hand, turning G under arm (G turns to L). Bring R hands down, as G continues turning bringing R arm down behind back. G continues the turn as she moves in front of B. B wraps L arm around G, and dips her on counts 7 & 8.***

DS	RS	DS	RS	Shuffle for 4 counts	"Roll Out"
L	RL	R	LR	Both Feet	

***After the dip, B rolls G out with the R hand - a double roll, and then both shuffle side by side.***

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## BREAK

DS DS DS S S (Fwd) H - Clap - H - Clap - H - Clap - H - Clap "Triple Fwd"  
L R L R L L Up R Up L Down R Down "Swing Clap"  
&1 &2 &3 &4 5 & 6 & 7 & 8 &

S RS (Left/Knees up!) S RS (Right/Knees up!) "Three Up!"  
L RL R LR  
1 &2 3 &4

S S S S S/Pull R Foot Back --- S RS "Run & Slide!"  
L R L R L R LR  
5 & 6 & 7 (&8&) 1 &2

-Circle Hips 3 then back to the Right- "Hip Work!"  
1 - 2 - 3 - 4

## SWING OUT!

S Kick(f) Tch(os) -Freeze!- S Kick(f) Tch(os) -Freeze!- "Freeze Boogie"  
L R R R L L  
1 2 3 (4) 5 6 7 (8)

S Kick(f) Tch(os) -Freeze!- ST DS DS RS "Freeze Boogie"  
L R R R L R LR "Stomp Double"

*On "Stomp Double", B & G turn to face each other joining hands (L to R, R to L).*

## GROOVE

DS RS DS RS DS RS DS RS "4 Basics"  
L RL R LR L RL R LR "IN AND OUT"

*In & Out: Turn 1/2 to L as a couple on 2 Basics, moving close together on #1, and pulling apart on #2. Repeat on next 2 Basics to return to starting position.*

DS RS DS RS DS RS DS RS "4 Basics"  
L RL R LR L RL R LR "WRAP & TUNNEL"

*On the first 2 Basics: B brings L hand in front of G & over her head (do NOT drop R hand) to wrap her into a "cuddle" position. Then, turn as a couple 1/4 to the L.*

*On the second 2 Basics: G slides backwards, pulling out "through tunnel", and B simply turns to face G.*

*Both B & G turn under their joined hands (turning towards back of stage) and jumping down on both feet (Use 3 counts to do this). B & G say "Yeah!" on count 4. "TURN UNDER"*

*(Groove continued on Page 3!)*

# Swing Out!

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## GROOVE (Cont.)

"LEAN L & R"

*B lift both arms up over G's head, as both B & G face front, with B moving behind G (count 1). Bring both arms down IN FRONT of G, wrap style (count 2). B leans out to R, G leans out to L, looking at each other and freeze for counts 3 & 4.*

*B & G switch sides (in the lean, still wrapped up), moving opposite. Bounce 2 to each side (total of 4 counts). Then, roll G out to R (2 counts) and shuffle (2 counts).*

## BRIDGE 1

DS DS (xif) RS (xib) RS (xif) DS Hop Tch (1/2L) - Hop RS (1/2R) "Rooster Run"  
L R LR LR L L R L RL "Parrot Hop"

DS DS DS RS (1/2 R) DS R (if) S/Kick (if) Hop Kick (os) Hop S (xib) "Triple"  
R L R LR L R L R L R "Swingerhead"  
&1 &2 &3 &4 &5 & 6 & 7 & 8

REPEAT ALL OF BRIDGE 1. SAME FOOTWORK.

## BRIDGE 2

"SHIMMY & POLKA"

*Hop 4 times (4 counts) to face each other (shimmying shoulders).*

*Do 6 polka steps together. On first 4 move in a big circle, clockwise. B begins turning G on 4th polka step w/ B's L hand, arching over, and turning G to her R (one full turn).*

*B switches hands as G finishes full turn, so that they're (B's R to G's L). Continue turning until B & G are BACK TO BACK and join the other hands, both sets of hands out to side.*

DS RS DS RS DS RS  
L RL R LR L RL

"PRETZEL TURN"

*On 3 Basics: (Pretzel Turn) B lifts R arm backwards over G's head, and then down in front of G, as B turns to side. B then brings R arm over his own head, turning to L. B then brings L arm backwards over G's head and down in front of her to "wrap" her up. (B should be just off to G's Left).*

*On 7th count: B & G jump... "Yeah!" on 8th.*

ST DS DS RS (Roll G out to R side)  
R L R LR

"Stomp Double"

DS Heel (os) -H-H-H-H-S  
L R R R R R  
&1 & a 2 & a 3

"Stutter"

# Swing Out!

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## SLOW BOOGIE

S (os) - Snap - S S - Clap S (os) - Snap - S S - Clap (Fwd) "Strut"  
L R L R L R L R  
1 2 & 3 4 5 6 & 7 8

S (os) - Snap - S S - Clap S (os) - Snap - S S - Clap (Back) "Strut"  
L R L R L R L R  
1 2 & 3 4 5 6 & 7 8

S Kick S Kick S Kick S Kick "NY Kicks"  
L R R L L R R L  
1 2 3 4 5 6 7 8

S S S Kick(360L) S S S Kick(360R) "3-Step Roll"  
L R L R R L R L  
1 2 3 4 5 6 7 8

S Kick S Kick S Kick S Kick "NY Kicks"  
L R R L L R R L  
1 2 3 4 5 6 7 8

***B & G turn to face each other on 2nd set of "NY Kicks"***

Toe (os) -Heel Toe (os) -Heel Toe (os) -Heel Toe (os) -Heel "Slow Groove"  
L L R R L L R R  
1 2 3 4 5 6 7 8

***B & G turn to face Front on 3rd & 4th "Slow Groove"***

H - Clap - H - Clap - H - Clap - H - Clap "Swing Clap"  
L Up R Up L Down R Down  
1 & 2 & 3 & 4 &

## GROOVE

S (os) Tch Kick(f) Kick(b) - S (os) Tch Kick(f) Kick(b) - "Kicks"  
L R R R R L L L  
1 2 3 4 5 6 7 8

S (os) Tch Kick(f) Kick(b) - S S S S S S S "Kicks"  
L R R R R L R L R L R "Jog"  
1 2 3 4 5 & 6 & 7 & 8

***On "Jog": B turn 1/2 R to face back, join Left hand with G's Left hand  
G turn 360 R, join Left hand with B's Left hand***

# **Swing Out!**

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## **SWING OUT! & ENDING!**

DS Kick(os) S RS(1/2 L)      DS Kick(os) S RS(1/2 L)      "Swing Out!"  
L R                      R LR                      L R                      R LR  
&1 2                      3 &4                      &5 6                      7 &8

DS Kick(os) S RS(1/2 L)      DS DS RS RS                      "Fancy Double"  
L R                      R LR                      L R                      LR LR

***L hands stay joined for all 3 "Swing Out"s, turning together.***

***On "Fancy Double": Turn another 1/2, facing each other and joining R hands OVER the joined L hands (R to R, L to L)***

DS DS RS RS      DS DS RS RS                      "Fancy Doubles"  
L R LR LR      L R LR LR

***Turn 1/2 around as a couple on EACH "Fancy Double"***

Step - Clap - Step - Clap      H - Clap - H - Clap - H - Clap - H - Clap      "Fancy Swing Clap!"  
L                      R                      L Up                      R Up                      L Down                      R Down  
1                      2                      3                      4                      5 &                      6 &                      7 &                      8 &

Girls "Boogie Walk" around guy for 7 counts and sit on guys knee...

Guys "Mega Knee Boogie" for 6 counts and kneel...

Take hands and "unwrap" girl for roll-out ending...!

***Yeah!***

**NOTES:**