

# ALTERN8 SWING

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**Count:** 72

**Wall:** 4

**Level:** intermediate

**Choreographer:** Peter Metelnick

**Music:** Where I Come From by Alan Jackson

## RIGHT & LEFT HEEL SWITCHES, RIGHT STRUT FORWARD, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE

- 1&2&** Touch right heel forward, step right foot together, touch left heel forward, step left foot together
- 3-4** Touch right toes forward, step right heel down
- 5-6** Step left foot forward, pivot ½ right
- 7&8** Step left foot forward, step right foot together, step left foot forward

## RIGHT & LEFT HEEL SWITCHES, RIGHT STRUT FORWARD, LEFT FORWARD, ¼ RIGHT PIVOT, LEFT CROSSING SHUFFLE

- 1-4** Repeat counts 1-4 in the previous 8 counts
- 5-6** Step left foot forward, pivot ¼ right
- 7&8** Cross step left foot over right, step right foot to right side, cross step left foot over right

## RIGHT TO RIGHT SIDE, ½ LEFT & LEFT TO LEFT SIDE, FORWARD 2, RIGHT FORWARD ROCK & RECOVER, ½ RIGHT TURNING TRIPLE

- 1-2** Step right foot to right side, keeping weight on right foot turn ½ left & step left foot to left side
- 3-4** Step right foot forward, step left foot forward
- 5-6** Rock right foot forward, recover weight on left foot
- 7&8** Turning ½ right step right foot forward, step left foot together, step right foot forward

## LEFT FORWARD ROCK & RECOVER, ½ LEFT TURNING TRIPLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, ¼ LEFT PIVOT TURN

- 1-2** Rock left foot forward, recover weight on right foot
- 3&4** Turning ½ left step left foot forward, step right foot together, step left foot forward
- 5-8** Step right foot forward, pivot ½ left, step right foot forward, pivot ¼ left

## **WEAVE LEFT 2, TURN ½ RIGHT & SIDE SHUFFLE RIGHT, WEAVE RIGHT 2, TURN ½ LEFT & SIDE SHUFFLE LEFT**

- 1-2** Cross step right foot over left, step left foot to left side
- 3&4** Turning ½ right on left foot step right foot to right side, step left foot together, step right foot to right side
- 5-6** Cross step left foot over right, step right foot to right side
- 7&8** Turning ½ left on right foot step left foot to left side, step right foot together, step left foot to left side

## **RIGHT FORWARD & BACK ROCK & RECOVER, RIGHT KICK BALL CROSS 2X**

- 1-4** Rock right foot forward, recover weight on left foot, rock right foot back, recover weight on left foot
- 5&6** Kick right foot forward, step right foot back, cross step left foot over right
- 7&8** Repeat counts 5&6 above traveling to the right

## **RIGHT HEEL GRIND TURNING ½ RIGHT, RIGHT COASTER STEP BACK, LEFT FORWARD, RIGHT TOUCH TOGETHER, RIGHT BACK TURNING ¼ LEFT, LEFT TO LEFT SIDE**

- 1-2** Grind right heel forward turning toes to the right, complete ½ turn with weight on right foot
- 3&4** Step right foot back, step left foot together, step right foot forward
- 5-6** Step left foot forward, touch right toes together
- 7-8** Step right foot back turning ¼ left, step left foot to left side

## **RIGHT 3 COUNT JAZZ BOX TRAVELING BACK, LEFT 3 COUNT JAZZ BOX TRAVELING BACK, RIGHT CROSS ROCK & RECOVER**

- 1-4** Cross step right foot over right, step left foot back, step right foot to right side angling body towards right diagonal, cross step left foot over right
- 5-8** Step right foot back, step left foot to left side angling body towards left diagonal, cross rock right foot over left, recover weight on left foot

**Restart from here on walls 3, 5, and 6**

## **RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER**

- 1&2** Step right foot to right side, step left foot together, step right foot to right side

**3-4** Rock left foot back, recover weight on right foot

**5&6** Step left foot to left side, step right foot together, step left foot to left side

**7-8** Rock right foot back, recover weight on left foot

**REPEAT**

**RESTART**

**Restart after count 64 on walls 3, 5, and 6**