

SWITCHBACK

Choreographed by: CHRIS HODGSON (UK) (OCT 2002) 01704-879516

Suggested Music: HAWAIIAN ROLLER COASTER RIDE.....Mark Keali'i Ho'omalu
From the LILO & STITCH SOUNDTRACK (Fun music!)

PHRASED 2 WALL LINE DANCE A=48 COUNTS B=32 COUNTS + 8 count TAG
Phrasing is as follows: AB-AB-AA-TAG-AB its VERY easy to follow!!! (Start on main vocals)

PART A - Main Song

1-8 SIDE-ROCK-CROSS x 2 / MAMBO STEP / COASTER STEP

1&2 Step Right to Right side, Rock weight onto Left, Cross step Right over Left

3&4 Step Left to Left side, Rock weight onto Right, Cross step Left over Right

5&6 Step forward on Right, Rock weight back onto Left, Step Right next to Left

7&8 Step back on Left, Step Right back next to Left, Step forward on Left

9-16 STEP-1/2 TURN / TRIPLE 1/2 TURN / HEEL SWITCHES / SHUFFLE

1-2 Step forward on Right, Pivot 1/2 turn Left

3&4 Triple 1/2 turn to Left stepping on Right-Left-Right

5&6& Touch Left heel forward, Step Left next to Right, Touch Right heel forward, Step Right next to Left

7&8 Shuffle forward on Left-Right-Left

17-24 ROCK STEP / COASTER STEP / STEP-1/2 TURN / 1/4 TURN CHASSE

1-2 Step forward on Right, Rock weight back onto Left

3&4 Step back on Right, Step Left next to Right, Step forward on Right

5-6 Step forward on Left, Pivot 1/2 turn Right

7&8 1/4 turn Right stepping Left to Left side, Step Right next to Left, Step Left to Left side

25-32 BACK-ROCK-SIDE / CROSS-ROCK-1/4 TURN / CROSS-BACK-TOG / COASTER STEP

1&2 Step back on Right, Rock weight forward onto Left, Step Right to Right side

3&4 Cross step Left over Right, Rock weight back onto Right, Step Left 1/4 turn Left

5&6 Cross step Right over Left, Step back on Left, Step Right next to Left

7&8 Step back on Left, Step Right back next to Left, Step forward on Left

33-40 SIDE ROCK / BACK-ROCK-SIDE / TOUCH ACROSS+SIDE / BEHIND-UNWIND

1-2 Step Right to Right side, Rock weight onto Left

3&4 Step back on Right, Rock weight forward onto Left, Step Right to Right side

5-6 Cross touch Left toe over across Right foot, Touch Left toe to Left side

7-8 Touch Left toe behind Right heel, Unwind 1/2 turn Left (*weight ends on Left*)

41-48 SIDE ROCK / BACK-ROCK-SIDE / TOUCH ACROSS+SIDE / BEHIND-UNWIND

1-2 Step Right to Right side, Rock weight onto Left

3&4 Step back on Right, Rock weight forward onto Left, Step Right to Right side

5-6 Cross touch Left toe over across Right foot, Touch Left toe to Left side

7-8 Touch Left toe behind Right heel, Unwind 1/2 turn Left (*weight ends on Left*)

PART B and TAG on PAGE 2

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PART B - Hawaiian Bit!

1-8 SIDE-TOG-CHASSE RIGHT / SIDE-TOG-CHASSE LEFT

- 1-2 Step Right to Right side, Step Left next to Right
- 3&4 Step Right to Right side, Step Left next to Right, Step Right to Right side
- 5-6 Step Left to Left side, Step Right next to Left
- 7&8 Step Left to Left side, Step Right next to Left, Step Left to Left side

9-16 SIDE ROCK-HIP SWAYS / COASTER STEP / SHUFFLE

- 1-2 Step Right to Right side swaying hips to Right, Sway hips to Left
- 3-4 Sway hips to Right, Sway hips to Left (*weight ends on Left*)
- 5&6 Step back on Right, Step Left next to Right, Step forward on Right
- 7&8 Shuffle forward on Left-Right-Left

17-24 MAMBO FWD / MAMBO BACK / ROCK & CROSS / BACK-TOUCH

- 1&2 Step forward on Right, Rock weight back onto Left, Step Right next to Left
- 3&4 Step back on Left, Rock weight forward onto Right, Step Left next to Right
- 5&6 Step Right to Right side, Rock weight onto Left, Cross step Right over Left
- 7-8 Step back on Left, Touch Right toe next to Left

25-32 4 x 1/4 PIVOT TURNS (with lots of hips!!!)

- 1-2 Step forward on Right, Pivot 1/4 turn Left (*use your hips!*)
- 3-4 Step forward on Right, Pivot 1/4 turn Left (*use your hips!!*)
- 5-6 Step forward on Right, Pivot 1/4 turn Left (*use your hips!!!*)
- 7-8 Step forward on Right, Pivot 1/4 turn Left (*use your hips!!!!*)

TAG to be added ONCE only at the end of the *second* A when dancing AA

1-8 RIGHT SIDE-TOG-SIDE-TOUCH / LEFT SIDE-TOG-SIDE-TOUCH

- 1-2 Step Right to Right side, Step Left next to Right
- 3-4 Step Right to Right side, Touch Left toe next to Right
- 5-6 Step Left to Left side, Step Right next to Left
- 7-8 Step Left to Left side, Touch Right next to Left
try and use LOTS of hips on this tag!!!!

ENJOY – BUT MOST OF ALL HAVE FUN!!! And add all the attitude you want!