

## **CINDY SWING**

### **HOLD**

Open Facing Position (Man's R hand joined to Lady's L hand)

### **DIRECTION**

Man facing down LOD (Lady down LOD)

### **STARTING FOOT**

Man LF down LOD (Lady RF down LOD) **OUTSIDE FOOT**

### **TIME**

4 /4

### **TEMPO**

46 to 48 bpm (16 bar sequence)

	BAR	COUNT
<b>Step forward and point, step back and point, forward locks</b>		
Step forward and point Step back and point	1 & 2	SS SS
Two forward locks	3 & 4	QQS QQS
<b>Outward Solo Turn, Chasse in a Square</b>		
Three step (Solo) turn and close feet	5 6	SSS S
Clockwise square	7 8	SQQ SQQ
<b>Outside Checks, Chasses</b>		
Step and Outside Check (Man does check with his R foot) Step back then side together	9 & 10	SS SQQ
Step and Outside Check (Man does check with his L foot) Step back then side together		SS SQQ
<b>Walks, Natural Rotary Chasses, Side Close</b>		
Two walks	13	SS
Two Rotary Chasses	14 & 15	QQS QQS
Side close	16	SS

[https://www.youtube.com/watch?v=SJtSBdMFI28&ab\\_channel=sequencedanceuk](https://www.youtube.com/watch?v=SJtSBdMFI28&ab_channel=sequencedanceuk)

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