



Retro Swing

(April 2023)

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Information: 64 Counts, 2 wall, High Intermediate Swing.
Choreographers: Adam Åstmar (SE).
Music: "Back In Time" by Swing Republic & Karina Kappel (3:18) ~ 118 bpm.
Intro: 32 counts from first clear drumbeat, approx. 18 seconds.

Important Info: Restart occurs on wall 3 after section 4, 32 counts, facing 6'00.

Section	Steps & Explanations	End Facing
1	Jump Fwd with Flick. Kick Fwd. Kick Side. Coaster Step. ½ L. ½ L. Shuffle ½ L with Sweep.	
1 – 2	Jump forward on LF, flicking RF back (1). Kick RF forward (2).	12'00
3 – 4 &	Kick RF to R side (3). Step back on RF (4). Close LF next to RF (&).	12'00
5 – 6	Step forward on RF (5). Turn ½ L placing weight on LF (6).	6'00
7 – 8 & 1	Turn ½ L stepping back on RF (7). Shuffle ½ turn L stepping LF, RF, LF sweeping RF from back to front (8, &, 1).	6'00
2	Jazz Box. Susie Q's (Traveling Heel Grinds). Cross.	
2 – 3 – 4	Cross RF over LF (2). Step back on LF (3). Step R on RF (4).	6'00
5 &	Cross L heel over RF, L toe facing R diagonal (5). Keep weight on L heel, grind L toe ¼ to L diagonal and step R on RF. (&)	6'00
6 &	Cross L heel over RF, L toe facing R diagonal (6). Keep weight on L heel, grind L toe ¼ to L diagonal and step R on RF. (&)	6'00
7 & 8	Cross L heel over RF, L toe facing R diagonal (7). Keep weight on L heel, grind L toe ¼ to L diagonal and step R on RF. (&) Cross LF over RF (8).	6'00
3	Jump Out with Side Kick. Side. Behind-Side-Cross. Step Diagonal. Kick. Coaster 1/8 Step.	
1 – 2	Jump out on RF to R side, kicking LF to L side (1). Step LF to L side (2).	6'00
Optional	When jumping out on RF, put hands out to sides with palms facing down.	
3 & 4	Step RF behind LF (3). Step L on LF (&). Cross RF over LF (4).	6'00
5 – 6	Step forward to L diagonal on LF (5). Kick RF forward (6).	4'30
7 & 8	Step back on RF (7). Close LF next to RF (&). Turn 1/8 R stepping forward on RF (8).	6'00
4	Step ½ Turn R. Shuffle ½ R. Step Back with Long Slide. Ball. Step.	
1 – 2	Step forward on LF (1). Turn ½ R placing weight on RF (2).	12'00
3 & 4	Shuffle ½ turn R stepping LF, RF, LF (3, &, 4).	6'00
5 – 6	Take a big step back on RF (5). Start dragging LF towards RF (6).	6'00
7 & 8	Finish dragging LF towards RF (7). Ball step LF next to RF (&). Step forward on RF (8).	6'00
Note!	- Restart occurs here on wall 3, facing 6'00 -	
5	Charlestons Fwd and Back. Step. Step ½ Turn L. ¼ L.	
1 – 2	Step forward on LF (1). Point RF forward (2).	6'00
3 – 4	Step back on RF (3). Point LF back (4).	6'00
5 – 6	Step forward on LF (5). Step forward on RF (6).	6'00
7 – 8	Turn ½ L placing weight on LF (7). Turn ¼ L stepping R on RF (8).	9'00
6	Rock Back. Side Rock Cross. Dwight Swivels.	
1 – 2	Rock back on LF (1). Recover on RF (2).	9'00
3 & 4	Rock L on LF (3). Recover on RF (&). Cross LF over RF (4).	9'00
5 – 6	Swivel L heel to R, touching R toe next to LF (5). Swivel L toe to R, touching R heel next to LF (6).	9'00
7 – 8	Swivel L heel to R, touching R toe next to LF (7). Swivel L toe to R, touching R heel next to LF (8).	9'00
7	Jazz Box ¼ Turn. Mash Potatoes Fwd.	

1 – 2	Cross RF over LF (1). Turn ¼ R stepping back on LF (2).	9'00
3 – 4	Step R on RF (3). Step forward on LF (4).	12'00
& 5	Twist both heels out (&). Step forward on RF bringing heels back to center (5).	12'00
& 6	Twist both heels out (&). Step forward on LF bringing heels back to center (6).	12'00
& 7	Twist both heels out (&). Step forward on RF bringing heels back to center (7).	12'00
& 8	Twist both heels out (&). Step forward on LF bringing heels back to center (8).	12'00
8	Step Fwd. Hitch. Coaster Step. Slow Step ½ Turn Bending Knees. Run Fwd x2.	
1 – 2	Step forward on RF (1). Hitch L knee (2).	12'00
3 & 4	Step back on LF (3). Close RF next to LF (&). Step forward on LF (4).	12'00
5 – 6	Step forward on RF and bend knees (5) Start turning ½ L, keeping weight on RF (6).	6'00
7 – 8 &	Finish turning ½ L and straighten knees, keeping weight on RF (7). Run forward on LF, RF (8, &)	6'00

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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