

JUSTA SWANGIN'

No. of
times

4	DTS	HEEL	SL	TOE	SL	HEEL	SL				(Turning foot so heel then toe then heel is turned in to area of foot - alternate feet)
	L	R	L	R	L	R	L				
2	DTS	BR(XIF)	BR(B)	WINDMILL	BR-UP	DTS	BR-UP	DTS			(Alternate feet)
	L	R	R	R	R	R	L	L			
2	DTS	T	HEEL	T	HEEL	RS					
	L	R	L	R	R	LR					
2	DTS	BR(XIF)	BR(B)	WINDMILL	BR-UP	DTS	BR-UP	DTS			(Alternate feet)
	L	R	R	R	R	R	L	L			
2	DTS	T	HEEL	T	HEEL	RS					
	L	R	L	R	R	LR					
4	DTS	BR(O)	BR(B)	BR(O)							(Turning slightly left then slightly right - alternate feet)
	L	R	R	R							
2	DTS	KICK	S	BR-UP	DT	DT	DT	RS			(Kick behind while turning 1/2 left - second time turn back 1/2 to right - alternate feet)
	L	R	R	L	L	R	L	RL			
2	DTS	BR(O)	BR(B)	BR(O)							(Turning slightly left then slightly right - alternate feet)
	L	R	R	R							

DO THIS SEQUENCE ONCE

4	DTS	HEEL	SL	TOE	SL	HEEL	SL				
	L	R	L	R	L	R	L				
2	DTS	BR(XIF)	BR(B)	WINDMILL	BR-UP	DTS	BR-UP	DTS			
	L	R	R	R	R	R	L	L			
4	DTS	BR(O)	BR(B)	BR(O)							
	L	R	R	R							
2	DTS	KICK	S	BR-UP	DT	DT	DT	RS			
	L	R	R	L	L	R	L	RL			
2	DTS	BR(O)	BR(B)	BR(O)							
	L	R	R	R							

DO THIS SEQUENCE TWICE

2	DTS	KICK	S	BR-UP	DT	DT	DT	RS			
	L	R	R	L	L	R	L	RL			
6	DTS	BR(O)	BR(B)	BR(O)							(Bringing up left knee high on last swing)
	L	R	R	R							