

Saranac Swing

Choreographed by: Dan Albro; October 14, 2005

The Mishnock Barn

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Description: 32 Count, Intermediate Partner Dance

Music: Bad Things by: Jace Everett

Starting position; Two hand hold, Man facing OLOD, Ladies facing ILOD

Ladies footwork opposite except where noted.

- 1-8&9 TRIPLE, TRIPLE, ROCK, STEP, ¼ TURN STEP, KICK BALL STEP
1&2,3&4 Step side L, step R next to L, step side L, step side R, step L next R, step side R
5,6,7 Rock back on L, replace weight on R, ¼ left stepping fwd on L (FLOD)
8&1 Kick R fwd, step on the ball of R next to L, step fwd L
HANDS on count 7 release FLOD hands
- 10-14 2 STEPS FWD, KICK, STEP ¼ , TOUCH, STEP ¼ , STEP
2-6 Walk fwd R, L, Kick R fwd, turn ¼ right step side R (OLOD), touch L next to R
HANDS Rejoin hands on count 5
- 15-22 LADY ¾ TURN CHANGING SIDES, STEP ½ PIVOT, STEP, HOLD
 MAN ¼ TURN, WALK, WALK, TOUCH, STEP ½ PIVOT, STEP, HOLD
1-4 Man ¼ turn left stepping fwd on L, small step fwd R, small step fwd L, touch R
1,2 Lady Step angle fwd R turning ¼ right (FLOD), step fwd L
3,4 Lady Pivot ½ right weighting R, step fwd L
5-8 Both Step fwd R, pivot ½ left weighting L, step fwd R, hold
- HANDS on count 1 release BLOD hands, on count 4 rejoin hands in front of man (mans left
 hand on ladies right hip, ladies left arm extended in front of man) left shoulder to left
 shoulder. On count 8 end with mans hand on ladies left hip
- 23-32 STEP, ½ PIVOT, STEP, HOLD, ¼ TURN, ¼ TURN, ¼ TURN, HOLD
1-4 Both Step fwd L, pivot ½ right weighting R, step fwd L, hold
5,6 ¼ turn left stepping on R keeping left shoulder to left shoulder (ILOD), hold
7,8 Both ¼ turn left stepping fwd R, hold, turn ¼ left stepping fwd L, hold
9,10 Man ¼ turn left to original position stepping R next to L, hold
9,10 lady ¼ turn left to original position touching R toe next to L, hold