

Triple Swing - Forward and Back Swivels

		Man's		Ladies	
Phase	Time	Foot Details		Foot Details	
Rock Step	1	L	Back	R	Back
	2	R	Replace	L	Replace
Forward Triple	3	L	Forward	R	Forward
	and 4	R	Together	L	Together
		L	Forward	R	Forward
Forward Triple	5	R	Forward	L	Forward
	and 6	L	Together	R	Together
		R	Forward	L	Forward
Forward Swivel	1	L	Toe and knee in	R	Toe and knee in
	2	R	Swivel through	L	Swivel through
	3	L	Toe and knee in	R	Toe and knee in
	4	R	Swivel through	L	Swivel through
Triple	5	L	Forward	R	Forward
	and 6	R	Together	L	Together
		L	Forward	R	Forward
Triple	7	R	Forward	L	Forward
	and 8	L	Together	R	Together
		R	Forward	L	Forward
Back Swivel	1	L	Outside back	R	Outside back
	2	R	Swivel through inside	L	Swivel through inside
	3	L	Outside back	R	Outside back
	4	R	Swivel through inside	L	Swivel through inside
Kicks	1	L	Kick Right	R	Kick Left
	2				
	3	R	Kick Left	L	Kick Right
	4				
	5	L	Kick Outside	R	Kick Inside
	6				
	7	R	Kick Inside	L	Kick Outside
	8				
Rock Step	1	L	Back	R	Back
	2	R	Replace	L	Replace