

# SWAMPED

32 count 4 Wall, Introductory Beginner (fitness/children/seniors)

Choreographed by Anita McNab

Music: "Raised On Swamp Pop Music" by Willie Tee

"The Way She Shake That Thing" by

*Anita McNab*

## **RT FWD, SLIDE LT BESIDE, RT FWD, TOUCH LT BESIDE**

1-2 Step fwd on RT (on diagonal), slide LT beside RT (putting weight on LT)

3-4 Step fwd on RT again (on diagonal), touch LT beside RT

## **SIDE LT, TOUCH RT, SIDE RT, KICK LT FWD**

5-8 Step LT, touch RT beside, step on RT, kick LT fwd

## **BACK LT, SLIDE RT BESIDE, LT BACK, TOUCH RT BESIDE**

9-10 Back LT (on diagonal), slide RT beside LT  
(putting weight on RT)

11-12 Back on LT, (on diagonal), touch RT beside LT

## **SIDE RT, TOUCH LT BESIDE, SIDE LT, KICK RT FWD**

13-16 Side RT, touch LT beside, Side LT, kick RT forward

## **VINE RT WITH ¼ TURN TO RT, 2 HIPS LT, 2 HIPS RT**

17-20 Side RT, LT behind RT, RT ¼ turn to RT, touch LT

21&22 Bump hips twice to left

23&24 Bump hips twice to right

## **VINE LEFT, 2 HIPS RT, 2 HIPS LT**

25-28 Side LT, RT behind LT, side LT, touch RT

29&30 Bump hips twice to right

31&32 Bump hips twice to left

REPEAT