

## Switchback

Choreographed by Chris Hodgson

Description: *Phrased, 2 wall, intermediate line dance*

Music: **Hawaiian Roller Coaster Ride** by Mark Keali'i Ho'omalulu

Sequence: AB-AB-AA-TAG-AB

### PART A - MAIN SONG

#### SIDE-ROCK-CROSS TWICE / MAMBO STEP / COASTER STEP

1&2 *Step right to right side, rock weight onto left, cross step right over left*

3&4 *Step left to left side, rock weight onto right, cross step left over right*

5&6 *Step forward on right, rock weight back onto left, step right next to left*

7&8 *Step back on left, step right back next to left, step forward on left*

#### STEP-½ TURN / TRIPLE ½ TURN / HEEL SWITCHES / SHUFFLE

1-2 *Step forward on right, pivot ½ turn left*

3&4 *Triple ½ turn to left stepping on right-left-right*

5&6& *Touch left heel forward, step left next to right, touch right heel forward, step right next to left*

7&8 *Shuffle forward on left-right-left*

#### ROCK STEP / COASTER STEP / STEP-½ TURN / ¼ TURN CHASSE

1-2 *Step forward on right, rock weight back onto left*

3&4 *Step back on right, step left next to right, step forward on right*

5-6 *Step forward on left, pivot ½ turn right*

7&8 *¼ Turn right stepping left to left side, step right next to left, step left to left side*

#### BACK-ROCK-SIDE / CROSS-ROCK-¼ TURN / CROSS-BACK-TOGETHER / COASTER STEP

1&2 *Step back on right, rock weight forward onto left, step right to right side*

3&4 *Cross step left over right, rock weight back onto right, step left ¼ turn left*

5&6 *Cross step right over left, step back on left, step right next to left*

7&8 *Step back on left, step right back next to left, step forward on left*

#### SIDE ROCK / BACK-ROCK-SIDE / TOUCH ACROSS + SIDE / BEHIND-UNWIND

1-2 *Step right to right side, rock weight onto left*

3&4 *Step back on right, rock weight forward onto left, step right to right side*

5-6 *Cross touch left toe over across right foot, touch left toe to left side*

7-8 *Touch left toe behind right heel, unwind ½ turn left (weight ends on left)*

#### SIDE ROCK / BACK-ROCK-SIDE / TOUCH ACROSS + SIDE / BEHIND-UNWIND

1-2 *Step right to right side, rock weight onto left*

3&4 *Step back on right, rock weight forward onto left, step right to right side*

5-6 *Cross touch left toe over across right foot, touch left toe to left side*

7-8 *Touch left toe behind right heel, unwind ½ turn left (weight ends on left)*

## PART B - HAWAIIAN BIT!

## SIDE-TOGETHER-CHASSE RIGHT / SIDE-TOGETHER-CHASSE LEFT

1-2 Step right to right side, step left next to right

3&4 Step right to right side, step left next to right, step right to right side

5-6 Step left to left side, step right next to left

7&8 Step left to left side, step right next to left, step left to left side

## SIDE ROCK-HIP SWAYS / COASTER STEP / SHUFFLE

1-2 Step right to right side swaying hips to right, sway hips to left

3-4 Sway hips to right, sway hips to left (weight ends on left)

5&6 Step back on right, step left next to right, step forward on right

7&8 Shuffle forward on left-right-left

## MAMBO FORWARD / MAMBO BACK / ROCK &amp; CROSS / BACK-TOUCH

1&2 Step forward on right, rock weight back onto left, step right next to left

3&4 Step back on left, rock weight forward onto right, step left next to right

5&6 Step right to right side, rock weight onto left, cross step right over left

7-8 Step back on left, touch right toe next to left

## 4 X ¼ PIVOT TURNS (WITH LOTS OF HIPS!!!)

1-2 Step forward on right, pivot ¼ turn left (use your hips)

3-4 Step forward on right, pivot ¼ turn left (use your hips)

5-6 Step forward on right, pivot ¼ turn left (use your hips)

7-8 Step forward on right, pivot ¼ turn left (use your hips)

## TAG

To be added once only at the end of the second A when dancing AA

## RIGHT SIDE-TOGETHER-SIDE-TOUCH / LEFT SIDE-TOGETHER-SIDE-TOUCH

1-2 Step right to right side, step left next to right

3-4 Step right to right side, touch left toe next to right

5-6 Step left to left side, step right next to left

7-8 Step left to left side, touch right next to left

Try and use lots of hips on this tag

‘Switch Back’

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