

SWAYIN' TO THE MUSIC

Choreographers: Mary and Bob Townsend-Manning
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Music: Swayin' to the Music (Slow Dancin') Artist: Johnny Rivers
 Album: Greatest Hits
 4:03 @ 45 rpm; Cut at 3:15, Fade at 3:12, then speed to 53 rpm; 2:46 @ 53 rpm

Footwork: Opposite, except where noted SQQ, except where noted

Rhythm/Level: Slow Two Step IV+1 (Triple Traveler)

Sequence: Intro A B Intld A B Brg C A B End Released Mar 2026

INTRODUCTION

1---4 {BFLY WALL} WT ; ; 2 LUN BAS ; ;
 1-2 BFLY WALL Wait;;
 3-4 Sd L, -, rec R, XLif; Sd R, -, rec L, XRif;

5---7 BAS TO LOW BFLY WALL ; ; 2 SLO HIP RKS ;
 5-6 Sd L, -, XRib, rec L; Sd R, -, XLib, rec R to LOW BFLY WALL;
 7 Rk sd L, -, Rk sd R, -;

PART A

1---5 {LOW BFLY WALL} 2 OP BAS ; ; TRPL TRAV ; ; ;
 1-2 Sd L, -, XRib, rec L to ½ LOP RLOD; Sd R, -, XLib, rec R to ½ OP LOD;
 3-5 Leading W into LF trn fwd L trng LF, -, comp LF trn sd & fwd R, fwd L (W Bk & sd R comm LF trn, -, cont LF trn fwd L, comp LF trn fwd R) to LOP LOD; Fwd R spiral, -, fwd L, fwd R (W Sd & fwd L, -, fwd R, fwd L); Fwd L, -, fwd R, fwd L (W Fwd R, -, fwd L comm twrl RF, fwd R comp twrl RF) to LOP-FCG COH;

6---8 {LOP-FCG COH} OP BRK ; CHG SDS UNDRM ; LUN BAS ;
 6 Sd R, -, bk L, rec R;
 7 Leading W to trn LF under jnd ld hnds fwd L trng ½ RF, -, sd R, XLif;
 8 Repeat meas 4 of Intro to BFLY WALL;

PART B

1---6 {BFLY WALL} TWSTY BAS TO LOW BFLY LOD ; ; 4 TRAV X CHASSES ; ; ; TO ½ OP LOD ;
 1-2 Sd L, -, XRib, rec L (W Sd R, -, XLif, rec R); Sd R, -, XLib, rec R (W Sd L, -, XRif, rec L) blending to LOW BFLY LOD;
 3-4 Fwd L, -, fwd & sd R, XLIF; Fwd R, -, fwd & sd L, XRIF;
 5-6 Repeat meas 3 of Part B; Repeat meas 4 of Part B blending to ½ OP LOD;

7---8 {1/2 OP LOD} 2 SWCHS* ; ;
 7-8 Fwd & sd L Xif of W, -, fwd & sd R, XLif (W Fwd R, -, fwd & sd L, XRif);
 Fwd R, -, fwd & sd L, XRif (W Fwd & sd L Xif of M, -, fwd & sd R, XLif);
 * Second time end in BFLY WALL, Third time end in LOW BFLY WALL.

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INTERLUDE

- 1---4.5 {BFLY WALL} R TRN W/ OUTSD ROLL ; BAS ENDG ;**
L TRN W/ INSD ROLL TO LOW BFLY ; 3 SLO HIP RKS ; , ,
1-2 Swvlg RF on wgt'd R sd & bk L acrs ptr, -, leading W to twl RF sd & bk R trng ¼
RF to fc ptr, XLif (W Fwd R trng RF, -, fwd L comm RF twrl, fwd R comp twrl) to CP
COH; Repeat meas 6 of Intro to CP COH;
3-4.5 Fwd L trng LF, -, sd R, XLif (W Swvlg LF fwd R acrs ptr trng LF, -, sd L trng LF
under jnd ld hnds, cont LF trn sd R to fc ptr); Rk sd R, -, rk sd L, -; Rk sd R, -,
{Interlude is four and one-half measures long}

REPEAT PARTS A AND B TO BFLY WALL

BRIDGE

- 1—1.5 {BFLY WALL} OK VIN 6 ; , ,**
1-1.5 Sd L, XRib, sd L, XRif; Sd L, XRib,
{Bridge is one and one-half measures long}

PART C

- 1---4 {BFLY WALL} LUN BAS ; OP BAS ; UNDRM TRN ; SWHRT WRP ;**
1-2 Repeat meas 3 of Intro; Repeat meas 2 of Part A;
3-4 Sd L, -, XRib, rec L (W Sd R, -, XLif trng 1/2 RF, rec R trng 1/2 RF) to BFLY
WALL; Both ld & tr hnds jnd sd R raising ld hnds, -, XLib trng LF, rec R (W Sd L, -,
XRif trng LF under jnd ld hnds, rec L) to WRP LOD;
5---7 {WRP LOD} SWHRT RUN 2X TO LOW BFLY WALL ; ; 2 SLO HIP RKS ;
5-6 Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R to LOW BFLY WALL;
7 Repeat meas 7 of Intro;

REPEAT PARTS A AND B TO LOW BFLY WALL

ENDING

- 1---2 {LOW BFLY WALL} 4 SLO HIP RKS ; ;**
1-2 Repeat meas 7 of Intro twice as music fades;;

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HEAD CUES

INTRO

BFLY WALL WT ; ; 2 LUN BAS ; ; BAS TO LOW BFLY WALL ; ; 2 SLO HIP RKS ;

A

2 OP BAS ; ; TRPL TRAV ; ; ; OP BRK ; CHG SDS UNDRM ; LUN BAS ;

B

TWSTY BAS TO LOW BFLY LOD ; ; 4 TRAV X CHASSES ; ; ; TO ½ OP LOD ; 2 SWCHS ; ;

INTLD

R TRN W/ OUTSD ROLL ; BAS ENDG ; L TRN W/ INSD ROLL TO LOW BFLY ;
3 SLO HIP RKS ; , ,

A

2 OP BAS ; ; TRPL TRAV ; ; ; OP BRK ; CHG SDS UNDRM ; LUN BAS ;

B

TWSTY BAS TO LOW BFLY LOD ; ; 4 TRAV X CHASSES ; ; ; TO ½ OP LOD ;
2 SWCHS ; TO BFLY ;

BRG

QK VIN 6 ; , ,

C

LUN BAS ; OP BAS ; UNDRM TRN ; SWHRT WRP ;
SWHRT RUN 2X TO LOW BFLY WALL ; ; 2 SLO HIP RKS ;

A

2 OP BAS ; ; TRPL TRAV ; ; ; OP BRK ; CHG SDS UNDRM ; LUN BAS ;

B

TWSTY BAS TO LOW BFLY LOD ; ; 4 TRAV X CHASSES ; ; ; TO ½ OP LOD ;
2 SWCHS ; TO LOW BFLY ;

END

4 SLO HIP RKS & HOLD ; ;