Swish Swish

Count: 72 **Wall:** 1 **Level:** Advanced Phrased
Choreographer: Shane McKeever (IRE) & Fred Whitehouse (IRE) - October 2026
Music: Swish Swish - Kali J, Maggie Szabo & LiTTiE : (iTunes)

Bandana needed

Intro: 16 Counts, 10 secs approx..
Sequence: a(16), B, CC, A, B, CC, A, a(16), CC, a(16)

Part A
[1 – 8] ROLL HIPS R FWD & BACK X2, TOGETHER, ROLL HIPS L FWD & BACK X2
1-2 Stepping RF to R diagonal rolls hips forward (1), recover onto LF rolling hips back (2)
(Bandana: Holding in R hand at hip level, Flick R (1), Flick L (2)) 1:30
3-4 Roll hips forward (3), recover onto LF rolling hips back (4)
(Bandana: Holding in R hand at hip level, Flick R (3), Flick L (4)) 1:30
&5-6 Step R next to L (&), Stepping LF to L diagonal rolls hips forward (5), recover onto RF rolling hips back (6) (Bandana: Holding in R hand bring up to head height (&), Flick fwd (5), Circle around your head (6)) 10:30
7-8 Roll hips forward (7), recover onto RF rolling hips back (8)
(Bandana: Holding in R hand Flick fwd (7), Circle around your head (8)) 10:30

[9 – 16] TOGETHER, STEP PIVOT ½ TURN, FULL TURN, TWIST KNEE IN, OUT, IN, OUT, 3/8 TURN L
&1-2 Squaring up to 12:00 step LF next to RF (&), Step RF fwd (1), ½ turn L transferring weight to LF (2) (Bandana: Holding in R hand Flick down to R side (1)) 6:00
3-4 ½ Turn L stepping back on RF (3), ½ Turn L stepping LF fwd (4) 6:00
&5-6 Touching R toe to R side twist R knee in (&), transferring weight to RF twist knee out (5), Twist R knee in (6) (Bandana: Lift up above head (&), Flick down to R side (5), Flick L (6) 6:00
7-8 Twist R knee out (7), Transferring weight to L make a 3/8 turn L dragging R next to L (8) (Bandana: Flick R (7), Catch with both hands (8)) 1:30

[17 – 24] STOMP, PONY STEP X3, BALL ROCK FWD, RECOVER, ½ TURN, FULL TURN
1-2& Stomp RF fwd on diagonal (1), Close LF behind RF hitching R knee (2), Rock onto the ball of RF (&) (Bandana: With arms stretched, bring both hands up to chest (1), Start to bring around your head by lifting R hand to L side of head (2)) 1:30
3&4 Close LF behind RF hitching R knee (3), Rock onto the ball of RF (&), Close LF behind RF hitching R knee (4) (Bandana: Bring R hand down as bandana is now behind head (3), Bring L hand to R side of head (4)) 1:30
&5-6 Step RF fwd (&), Rock LF fwd (5), Recover onto RF (6)
(Bandana: Holding in R hand lift up above head (&), Flick down to R side (5)) 1:30
7-8& Making ½ turn L step LF fwd (7), ½ turn L stepping RF back (8), Making ½ turn L step LF fwd (&) (Bandana: Catch with both hands (8)) 7:30

[25 – 32] STOMP, PONY STEP X3, BALL ROCK FWD, RECOVER, ½ TURN, FULL TURN
1-2& Stomp RF fwd on diagonal (1), Close LF behind RF hitching R knee (2), Rock onto the ball of RF (&)
(Bandana: With arms stretched, bring both hands up to chest (1), Start to bring around your head by lifting R hand to L side of head (2)) 9:00
3&4 Close LF behind RF hitching R knee (3), Rock onto the ball of RF (&), Close LF behind RF hitching R knee (4)
(Bandana: Bring R hand down as bandana is now behind head (3), Bring L hand to R side of head (4)) 9:00
&5-6 Step RF fwd (&), Rock LF fwd (5), Recover onto RF (6)
(Bandana: Holding in R hand lift up above head (&), Flick down to R side (5)) 12:00

7-8& Making ½ turn L step LF fwd (7), ½ turn L stepping RF back (8), Making ½ turn L step LF fwd (&)

(Bandana: Catch with both hands (8)) 12:00

Part B

[1 – 8] DOROTHEY R & L, CROSS, ¼ TURN BACK STEP, SIDE, CROSS TRIPLE

1-2& Step RF to R diagonal (1), Close LF next to RF (2), Step RF to R side (&) (Bandana: Holding with both hands, arms stretched bring them above your head over 2 counts) 12:00

3-4& Step LF to L diagonal (3), Close RF next to LF (4), Step LF to L side (&)

(Bandana: Bring down behind head over 2 counts) 12:00

5-6& Cross RF over LF (5), Making ¼ turn R step LF back (6), Step RF to R side (&) 3:00

7&8 Cross LF over RF (7), Close RF behind LF (&), Cross LF over RF (8) 3:00

[9 – 16] BALL CROSS BEHIND, ¾ UNWIND L, SWITCHES R & L, BACK BOTAFOGO

&1-2 Step RF to R side (&), Cross LF behind RF (1), Unwind ¾ L finishing with weight on LF (2) 6:00

3&4 Point R toe to R side (3), Close RF next to LF (&), Point L toe to L side (4) 6:00

5a6 Cross LF behind RF (5), Rock RF to R side (a), Step LF in place (6) 6:00

7a8 Cross RF behind LF (7), Rock LF to L side (a), Step RF in place (8) 6:00

[17 – 24] SAILOR ¼ TURN L, STEP, TOGETHER, CHEST POP, MASH POTATO X2, BACK PADDLE ¼ TURN X2

1&2 Cross LF behind RF (1), ¼ Turn L stepping RF next to LF (&), Step LF fwd (2) 3:00

&3&4 Step RF fwd (&), Close LF next to RF (3), Pop chest out (&), Contract chest in (4) 3:00

&5&6 Lift RF up slightly twisting heels out (&), Step back on RF twisting heels in (5), Lift LF up slightly twisting heels out (&), Step back on LF twisting heels in (6) 3:00

7-8 Making ¼ turn R touch RF to R side (7), Making ¼ Turn R touch RF to R side (8)

(Arms: Using the back of R hand, brush it across your forehead from L to R over 2 Counts) 9:00

[25-32] ¼ TURN R SIDE TOGETHER, HIPS R L R, 1/8 TURN L RUN X3, 1/8 TURN R SIDE, FLICK BEHIND, SIDE

1-2 Making ¼ turn R step R to R side swooping the R hand down from L to R (1), Close LF next to RF clicking R hand at head height (2) 12:00

3&4 Push Hip R bringing L arm to horizontal with R elbow on fingers and bent 90º L at the wrist (3), Push Hip L dropping R arm on top of L (&), Push Hips R sliding R hand R until R hand is on top of L hand (4) 12:00

5&6 Turning 1/8 L step LF fwd (5), Step RF fwd (&), Step LF fwd (6) 10:30

7&8 Turning 1/8 R step RF to R side (7), Flick LF behind R leg (&), Step LF to L side (8)

(Bandana: Grab at R shoulder (7), Flick to R at shoulder height (&)) 12:00

Part C

[1-8] SYNCOPATED TRIPLE FWD, DIAGONAL SIDE STEP, TOUCH TOGETHER, DIAGONAL SIDE STEP, WEAVE WITH 3/8 TURN L

1a2 Step RF fwd (1), Close LF behind RF (a), Bend both knees as you step RF fwd (2)

(Bandana: With R hand, lift up above head (1), Flick down to R side (2)) 12:00

3&4 Side Step LF to L diagonal (3), Squaring up to 12:00 touch RF next to LF (&), Side step RF to R diagonal (4)

(Bandana: With R hand, Flick L at hip height (3), Flick R at hip height (4) 10.30

5&6 Cross LF behind RF (5), Step RF to R side (&), Cross LF over RF (6)

(Bandana: With R hand, slowly bring around your head from L to R over 4 counts) 9:00

&7&8 Step RF to R side (&), Cross LF behind RF (7), step RF to R side (&), Step LF fwd (8)

(Bandana: continue to bring around the head) 6:00