



Kjempeform

Choreographed by: Frank Olsen & Raymond Sarlemijn
Description: 32 count, 2 wall, beginner/ intermediate level east coast swing line dance
Music: Jeg Er I Kjempeform by Ylvis Brødrene
Start dancing on lyrics

LEFT WINE WITH BRUSH, JAZZ BOX TURNING ¼ RIGHT WITH TOUCH

- 1-4 Step left to side, cross right behind left, step left to side, brush right forward
5-8 Cross right over left, step left back, turn ¼ right and step right forward, touch left together

TOUCH LEFT TOE TO LEFT, CROSS LEFT OVER RIGHT, RIGHT TOE, HEEL, CROSS, HOLD, ROCK LEFT BACK RECOVER

- 1-2 Touch left toe out to left side, cross left over right
3-6 Touch right toe to left instep, touch right heel to left instep, cross right over left, hold
7-8 Rock left back, recover to right

2 X KICK, JAZZ BOX, TURN ¼ RIGHT, FLICK RIGHT BEHIND LEFT

- 1-6 Kick left forward twice, cross left over right, step right back, step left to side, touch right together
7-8 Turn ¼ right and step right forward, flick left behind right and slap left with right hand

TWIST LEFT, TWIST RIGHT

- 1-4 Step left beside right twisting to left side heels, toes, heels, toes
5-8 Twist to right side heels, toes, heels toes (weight to right)

Option: *On counts 1-4 step left out to left side and hold 3 counts at the words «Jeg er i kjempeform»
On counts 5-8 twist right foot toe, heel, toe, heel towards left foot (weight to right)*

REPEAT