

Swing You Winners

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 Artist: Bart&Baker
 Music: Swing You Winners (feat. Tape Five)
 CD: Electro Swing VII by Bart & Baker, Track 23, 2:42
 Sample and buy from iTunes:
<https://music.apple.com/de/album/swing-you-winners-feat-tape-five/915959132?i=915959568>
 Listen on YouTube:
https://www.youtube.com/watch?v=wP8z-sw4t4IY&list=RDwP8z-sw4t4IY&start_radio=1
 Rhythm: Single Swing
 Phase: IV+1 (stop & go) +1 (sweetheart shove)
 Difficulty: Average
 Sequence: Intro-ABC-Int-BC*-DD*-BC**C*-D-End Version: 1.0, October 2026

Intro

Meas	Cue	Leader	Follower
1-5	Wait in CP POS WALL Id ft free;;;; ;		

PART A

1	sd tch sd;	sd L, tch R to L, sd R, -;	sd R, tch L to R, sd L, -;
2-4	fallaway rk; ~ chg plcs R to L;;	trn to SCP rk bk L, rec R to fc ptr, sd L, -; sd R, -, trn to SCP rk bk L, rec R; fwd & sd L raise jnd ld hnds to ld W u/a trn, -, rec R to LOP FCG LOD, -;	trn to SCP rk bk R, rec L to fc ptr, sd R, -; sd L, -, trn to SCP rk bk R, rec L; fwd & sd R in frnt of M spin 5/8 RF undr jnd ld hnds, -, bk L, -;
5-8	shldr shove; ~ chg plcs L to R;; dbl rk;	rk apt L, rec R trng 1/4 RF, sd L twd ptr tchg shldrs, -; sd R trng 1/4 LF to LOP FCG LOD, -, rk apt L, rec R raising lnd ld hnds; fwd L trng 1/4 RF, -, sd R to LOP FCG WALL, -; rk apt L, rec R, rk apt L, rec R;	rk apt R, rec L trng 1/4 LF, sd R twd ptr tchg shldrs, -; sd L trng 1/4 RF to LOP FCG, -, rk apt R, rec L, fwd R spinning 3/4 LF undr jnd ld hnds, -; sd L to LOP FCG, -; rk apt R, rec L, rk apt R, rec L;

PART B

1-4	into pretzel trn;; ~ chg hnds beh bk;;	sd L trng 1/2 RF keep jnd ld hnds to BK TO BK, -, sd R, -; XLif to LOD extend R hnd fwd, rec R, sd L trng 1/2 LF to fc ptr, -; sd R, -, rk apt L, rec R; fwd L & trn 1/4 LF to TANDEM in frnt of W & rel L hnd & jnd R hnds beh bk, -, transfer Ws R hnd to L hnd & sd & bk R trng 1/4 LF to LOP FCG COH, -;	sd R trng 1/2 LF keep jnd ld hnds to BK TO BK, -, sd L, -; XRif to LOD extend L hnd fwd, rec L, sd R trng 1/2 RF, -; sd L, -, rk apt R, rec L; fwd R trng 1/4 RF to TANDEM beh M, -, sd & bk L trng 1/4 RF to LOP FCG, -;
5-8	windmill; ~ link rk;; dbl rk;	rk apt L, rec R comm 1/4 LF trn to BFLY, fwd L compl 1/4 LF trn lower ld arms & raise tr arms, -; sd R trng 1/4 LF level arms to fc WALL, -, rk apt L, rec R; fwd L to CP, -, sd R, -; rk apt L, rec R, rk apt L, rec R;	rk apt R, rec L comm 1/4 LF trn to BFLY, fwd R compl 1/4 LF trn lower ld arms & raise tr arms, -; sd L trng 1/4 LF level arms, -, rk apt R, rec L; fwd R to CP, -, sd L, -; rk apt R, rec L, rk apt R, rec L;

PART C

1	into R trng fallaway;	trng RF sd & fwd L stpg in frnt of W, -, sd R compl 1/2 RF trn to CP COH, -;	fwd R trng RF, -, sd L compl 1/2 RF trn, -;
2-6	fallaway throwaway; ~ stop & go;; ~ am spin;;	trn to SCP rk bk L, rec R, fwd & sd L leading W to trn 1/2 LF, -; rec R to LOP FCG RLOD, -, rk apt L, rec R; fwd L catchg W w/ R hnd on Ws L shldr blade rotating upper body 1/4 RF, -, rk fwd R, rec L; bk R to LOP FCG LOD, -, rk apt L, rec R; sd L, -, sd R, -;	trn to SCP rk bk R, rec L, fwd R trng 1/2 LF, -; bk & sd L to LOP FCG, -, rk apt R, rec L; fwd R trng 1/2 LF undr jnd ld hnds to Ms R sd, -, rk bk L, rec R; fwd L trng 1/2 RF undr jnd ld hnds to LOP FCG, -, rk apt R, rec L; sd R spinning 1 full RF trn, -, sd L, -;
7-8	link rk to fc COH; ~ rk rec;	rk apt L, rec R, fwd L trng ¼ RF to CP COH, -; sd R, -, rk apt L, rec R;	rk apt R, rec L, fwd R trng ¼ RF to CP, -; sd L, -, rk apt R, rec L;

Part A (COH)

Int

1	into chg hnds beh bk;	fwd L & trn 1/4 LF to TANDEM in frnt of W & rel L hnd & jnd R hnds beh bk, -, transfer Ws R hnd to L hnd & sd & bk R trng 1/4 LF to LOP FCG WALL, -;	fwd R trng 1/4 RF to TANDEM beh M, -, sd & bk L trng 1/4 RF to LOP FCG, -;
2	dbl rk;	rk apt L, rec R, rk apt L, rec R;	rk apt R, rec L, rk apt R, rec L;
3	into windmill;	fwd L compl 1/4 LF trn lower ld arms & raise tr arms, -, sd R trng 1/4 LF level arms to fc COH, -;	fwd R compl 1/4 LF trn lower ld arms & raise tr arms, -, sd L trng 1/4 LF level arms, -;
4	dbl rk;	rk apt L, rec R, rk apt L, rec R;	rk apt R, rec L, rk apt R, rec L;

Part B (COH)

PART C*

1-6	Repeat Part C meas 1-6 start COH		
7-8	link rk to fc WALL; ~ start chg plcs R to L (HNDSHK);	rk apt L, rec R, fwd L trng ¼ RF to CP WALL, -; sd R, -, trn to SCP rk bk L, rec R;	rk apt R, rec L, fwd R trng ¼ RF to CP, -; sd L, -, trn to SCP rk bk R, rec L;

PART D

1-4	cont chg plcs R to L (HNDSHK); sweetheart shove; ~	fwd & sd L raise jnd ld hnds to ld W u/a trn, -, rec R to HNDSHK LOD, -; rk apt L, rec R, fwd & sd L trn RF to fc WALL bring R arms over Ms hd & pl Ws hnd on neck & L arm arnd	fwd & sd R in frnt of M spin 5/8 RF undr jnd ld hnds, -, bk L to HNDSHK, -; rk apt R, rec L, fwd & sd R trn LF to fc WALL bring R arms over Ms hd, -; rel hnds to slide R hnd dwn
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	chg plcs L to R;;	Ws bk to a tight sd by sd pos, -; rel hnds rec R trng to fc ptr to LOP FCG LOD, -; rk apt L, rec R raising lnd ld hnds; fwd L trng 1/4 RF, -, sd R to LOP FCG WALL, -;	Ms L arm rec L trng to fc ptr to LOP FCG, -; rk apt R, rec L; fwd R spinning 3/4 LF undr jnd ld hnds, -, sd L to LOP FCG, -;
5-8	Repeat Part B meas 5-8 start fcg WALL		

PART D*

1-4	Repeat Part D meas 1-4 start fcg COH		
5-8	windmill; ~ windmill;; dbl rk;	rk apt L, rec R comm 1/4 LF trn to BFLY, fwd L compl 1/4 LF trn lower ld arms & raise tr arms, -; sd R trng 1/4 LF level arms to fc WALL, -; rk apt L, rec R comm 1/4 LF trn to BFLY; fwd L compl 1/4 LF trn lower ld arms & raise tr arms, -, sd R trng 1/4 LF level arms to fc COH, -; rk apt L, rec R, rk apt L, rec R;	rk apt R, rec L comm 1/4 LF trn to BFLY, fwd R compl 1/4 LF trn lower ld arms & raise tr arms, -; sd L trng 1/4 LF level arms, -, rk apt R, rec L comm 1/4 LF trn to BFLY; fwd R compl 1/4 LF trn lower ld arms & raise tr arms, -, sd L trng 1/4 LF level arms, -; rk apt R, rec L, rk apt R, rec L;

PART B (COH)

PART C**

1-6	Repeat Part C* meas 1-6		
7-8	link rk to fc WALL; ~ start R trng fallaway;	rk apt L, rec R, fwd L trng ¼ RF to CP WALL, -; sd R, -, trn to SCP rk bk L, rec R;	rk apt R, rec L, fwd R trng ¼ RF to CP, -; sd L, -, trn to SCP rk bk R, rec L;

PART C* (WALL)

PART D (RLOD)

End

1	into R trng fallaway;	trng RF sd & fwd L stpg in frnt of W, -, sd R compl 1/2 RF trn to CP COH, -;	fwd R trng RF, -, sd L compl 1/2 RF trn, -;
2-4	R trng fallaway; ~ fallaway throwaway;;	trn to SCP rk bk L, rec R, trng RF sd & fwd L stpg in frnt of W, -; sd R compl 1/2 RF trn to CP WALL, -, trn to SCP rk bk L, rec R; fwd & sd L leading W to trn 1/2 LF, -, rec R to LOP FCG LOD, -;	trn to SCP rk bk R, rec L, fwd R trng RF, -; sd L compl 1/2 RF trn, -, trn to SCP rk bk R, rec L; fwd R trng 1/2 LF, -, bk & sd L to LOP FCG, -;
5-6	stop & go;;	rk apt L, rec R, fwd L catchg W w/ R hnd on Ws L shldr blade rotating upper body 1/4 RF, -; rk fwd R, rec L, bk R to LOP FCG LOD, -;	rk apt R, rec L, fwd R trng 1/2 LF undr jnd ld hnds to Ms R sd, -; rk bk L, rec R, fwd L trng 1/2 RF undr jnd ld hnds to LOP FCG, -;
7-8	chg plcs L to R; ~ & pt to ptr;	rk apt L, rec R raising lnd ld hnds, fwd L trng 1/4 RF, -; sd R to LOP FCG WALL, -, pt tr hnd to ptr, -;	rk apt R, rec L, fwd R spinning 3/4 LF undr jnd ld hnds, -; sd L to LOP FCG, -, pt tr hnd to ptr, -;

Suggested Head Cues

Intro	CP WALL - wait 5;;; ;
A	sd tch sd; fallawy rk; ~ chg R to L;; shldr shove; ~ chg L to R;; dbl rk;
B	into pretzel trn;; ~ chg hnds beh bk;; windmill; ~ link rk;; dbl rk;
C	into R trng fallawy; fallawy throway; ~ stop & go;; ~ am spin;; link rk (COH); ~ rk rec;
A	sd tch sd; fallawy rk; ~ chg R to L;; shldr shove; ~ chg L to R;; dbl rk;
Int	into chg hnds beh bk; dbl rk; into windmill; dbl rk;
B	into pretzel trn;; ~ chg hnds beh bk;; windmill; ~ link rk (COH);; dbl rk;
C*	into R trng fallawy; fallawy throway; ~ stop & go;; ~ am spin;; link rk (WALL); ~ chg R to L (HNDSHK);
D	~ ~; sweetheart shove; ~ chg L to R;; windmill; ~ link rk (COH);; dbl rk;
D*	into chg R to L (HNDSHK); sweetheart shove; ~ chg L to R;; windmill; ~ 2x;; dbl rk;
B	into pretzel trn;; ~ chg hnds beh bk;; windmill; ~ link rk (COH);; dbl rk;
C**	into R trng fallawy; fallawy throway; ~ stop & go;; ~ am spin;; link rk (WALL); ~ R trng fallawy;
C*	~ ~; fallawy throway; ~ stop & go;; ~ am spin;; link rk (COH); ~ chg R to L (HNDSHK);
D	~ ~; sweetheart shove; ~ chg L to R;; windmill; ~ link rk (WALL);; dbl rk;
End	into R trng fallawy; R trng fallawy; ~ fallawy throway;; stop & go;; chg L to R; ~ & pt to ptr;