

Back In The Swing (ESP 1090) Elmer Sheffield, Jr.

OPENER - MIDDLE BREAK - CLOSER Basic

Circle left

I was really feeling down, I'd really been uptight
About to lose my mind when I came in here tonight

Left allemande, turn your partner by the right

Left allemande, then **weave** around tonight

Well I'm back in the swing of things again

Swing your girl and you **promenade**

Now when those playboys are playing

I'm feeling no pain

Cause I'm back in the swing of things

FIGURE Basic, no progression

Heads square thru, the **sides roll away**

Step to the wave while you're that way

Swing thru tonight, let the **boys run right**

Then a **right & left thru**

Pass thru, and you **wheel & deal**

Square thru 3 hands around

Left allemande, keep her and **promenade**

How goo it makes you feel

I wonder if it's real

I'm back in the swing of things