

# M & B Swing

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Rob Fowler (ES)  
音乐: Sick and Tired - Boz Scaggs



8 count intro. Hear a bell then count 5678 - go

## CHASSE RIGHT, ROCK STEP, CHASSE LEFT, ROCK STEP

1&2      Step right to right, close left beside right, step right to right  
3-4      Rock back on left, rock forward onto right  
5&6      Step left to left side, close right beside left, step left to left  
7-8      Rock back on right, rock forward onto left

## FORWARD SHUFFLES, ROCK STEP, TRIPLE STEP ½ TURN RIGHT

9&10      Step forward right, close left beside right, step forward right  
11&12      Step forward left, close right beside left, step forward left  
13-14      Rock forward on right, rock back onto left  
15&16      Triple step ½ turn right, stepping - right, left, right

## FORWARD SHUFFLES, ROCK STEP, TRIPLE STEP ¾ TURN LEFT

17&18      Step forward left, close right beside left, step forward left  
19&20      Step forward right, close left beside right, step forward right  
21-22      Rock forward on left, rock back onto right  
23&24      Triple step ¾ turn left, stepping - left, right, left

## HEEL SWITCHES COMPLETING ½ TURN LEFT

25&      Touch right heel forward, step right beside left  
26&      Touch left heel forward, step left beside right  
27&      Touch right heel forward, step right beside left  
28&      Touch left heel forward, step left beside right  
29-32&      Repeat steps 25-28&

During steps 25-32& complete a ½ turn left

## STOMPS WITH HOLDS & ½ PIVOT TURN TWICE

33-34      Stomp forward right, hold  
35-36      Pivot ½ turn left, hold  
37-38      Stomp forward right, hold  
39-40      Pivot ½ turn left, hold

## STEP ½ PIVOT TWICE, ROCK STEP, COASTER STEP

41-42      Step forward right, pivot ½ turn left  
43-44      Step forward right, pivot ½ turn left  
45-46      Rock forward on right, rock back onto left  
47-48      Step back right, step left beside right, step forward right

## STOMPS WITH HOLDS & ½ PIVOT TURN TWICE

49-50      Stomp forward left, hold  
51-52      Pivot ½ turn right, hold  
53-54      Stomp forward left, hold  
55-56      Pivot ½ turn right, hold

## STEP ½ PIVOT TWICE, ROCK STEP, COASTER STEP

57-58 Step forward left, pivot ½ turn right  
59-60 Step forward left, pivot ½ turn right  
61-62 Rock forward on left, rock back onto right  
63-64 Step back left, step right beside left, step forward left

**REPEAT**

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