

In The Mood

拍數: 48 牆數: 2 級數: Improver
編舞者: Nadia Friel (AUS) & Nikki Friel
音樂: In the Mood - The Andrews Sisters



GRIND RIGHT HEEL ACROSS IN FRONT OF LEFT X 3, STEP BACK, ROCK FORWARD

1-2 Step right heel across left with toe turned in, step left to side and swivel right toe to right
3-4 Step right heel across left with toe turned in, step left to side and swivel right toe to right
5-6 Step right heel across left with toe turned in, step left to side and swivel right toe to right
7-8 Rock right back, recover onto left

PUMP FORWARD, PUMP SIDE, STEP BACK, ROCK FORWARD, PUMP FORWARD, PUMP SIDE, STEP BACK, ROCK FORWARD

1-2 Kick right forward, kick right to side
3-4 Rock right back, recover to left
5-6 Kick right forward, kick right to side
7-8 Rock right back, recover to left

TOE HEEL, TOE HEEL, FOUR SMALL STEPS MOVING FORWARD

1-2-3-4 Step right toe forward, drop right heel, step left toe forward, drop left heel

Keep knees bent for the next 3 steps

5-6-7 Step right slightly forward, step left slightly forward, step right slightly forward
8 Step left together

Styling:

5 Keeping arms by your side, right shoulder moves up and left shoulder moves down as right foot moves forward
6 Left shoulder moves up and right shoulder moves down as left foot moves forward
7-8 Repeat styling for 5-6

HEEL, TOGETHER, HEEL, TOGETHER, BEHIND, SIDE, ACROSS, HOLD

1-2-3-4 Touch right heel diagonally forward, step right beside left, touch left heel diagonally forward, step left beside right
5-6-7-8 Step right behind left, step left to side, step right across left, hold

STEP LEFT, CROSS, SIDE, CROSS, SIDE, CROSS, KICK, BEHIND, ¼ RIGHT, ¼ RIGHT, KICK

&1&2 Step left to side, step right across left, step left to side, step right across left
&3-4 Step left to side, step right across left, kick left diagonally forward
5-6-7-8 Step left behind right, turn ¼ right and step right forward, turn ¼ right and step left to side, kick right diagonally across left

STEP RIGHT, TOGETHER, BACK, TOUCH TOGETHER, STEP LEFT, TOGETHER, FORWARD, HOLD

1-2-3-4 Step right to side, step left beside right, step right back, touch left beside right
5-6-7-8 Step left to side, step right beside left, step left forward, hold

REPEAT

TAG

During the 4th wall (facing the back) after count 16, do 8 paddle turns turning left making 2 full turns with four paddles in each full turn

1-2 Step right forward, turn ¼ left (weight to left)
3-16 Repeat 1-2 seven more times

You will end up again on the back wall. Then restart the dance from the beginning

Styling: wave both hands in the air as you turn

FINISH

After count 36

1-2-3-4 Step left behind right, turn $\frac{1}{4}$ right and step right forward, turn $\frac{1}{2}$ right and step left back, turn $\frac{1}{4}$ right and step right forward

Lean to right side and extend arms out and shimmy both hands
