

# 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**

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