

In The Mood

拍數: 32 牆數: 2 級數: Improver
編舞者: Nadia Friel (AUS) & Nikki Friel - September 2006
音樂: In The Mood - The Andrew Sisters : (Album: Skeive Skiver 2 or Maxene Patti & Laverne - 2:52)



Begins on vocals.

1 - 8 GRIND R HEEL ACROSS IN FRONT OF L X 3, STEP BACK, ROCK FORWARD

1,2 Step R heel across in front of R foot, twist R toes to R as you step L to L side
3,4 Step R heel across in front of R foot, twist R toes to R as you step L to L side
5,6 Step R heel across in front of R foot, twist R toes to R as you step L to L side
7,8 Step R back, rock weight forward onto L

9 - 16 PUMP FORWARD, PUMP SIDE, STEP BACK, ROCK FORWARD, PUMP FORWARD, PUMP SIDE, STEP BACK, ROCK FORWARD

1,2 Pump R foot forward, Pump R foot to R side
3,4 Step R back, rock weight forward onto L
5,6 Pump R foot forward, pump R foot to R side
7,8 ### Step R back, rock weight forward onto L ###

17 - 24 TOE HEEL, TOE HEEL, FOUR SMALL STEPS MOVING FORWARD

1,2,3,4 R Toe heel strut forward, L toe heel strut forward
5,6,7,8 Keep knees bent while you step small steps forward RLR, step L together

Styling for counts 5,6,7,8

Count 5 - Keeping arms by your side - R shoulder moves up and L shoulder moves down as R foot moves forward.

Count 6 - L shoulder moves up and R shoulder moves down as L foot moves forward then repeat for counts 7 and 8.

25 - 32 HEEL, TOGETHER, HEEL, TOGETHER, BEHIND, SIDE, ACROSS, HOLD,

1,2,3,4 Touch R heel fwd to R45, step R beside L, touch L heel fwd to L45, step L beside R
5,6,7,8 Step R behind L, step L to side, step R across in front of R, hold

33 - 40 STEP L, CROSS, SIDE, CROSS, SIDE, CROSS, KICK, BEHIND, 1/4 R, 1/4 R, KICK,

&1&2 Step L to side, step R across L, step L to side, step R across L,
&3,4 Step L to side, step R across L, kick L forward to L45
5,6,7,8 Step L behind R, turn ¼ R and step R forward, turn another ¼ R and step L to L side, Kick R across L to L45

41 - 48 STEP R, TOGETHER, BACK, TOUCH TOGETHER, STEP L, TOGETHER, FWD, HOLD

1,2,3,4 Step R to side, step L beside R, step R back, touch L beside R,
5,6,7,8 Step L to side, Step R beside L, step L forward, hold

REPEAT

Tag: This is a 16 count tag:

During the 4th wall (facing the back) after count 16 ### do 8 paddle turns, turning L making 2 full turns with four paddles in each full turn as described below.

1,2 Step R forward, pivot ¼ L changing weight to L (8 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 L behind, turn ¼ R step R fwd, turn ½ R and step L back, turn ¼ R and step R fwd and lean to R side And extend arms out and shimmy both hands.

