

M & B Swing

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Rob Fowler (ES)

Music: 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
