|  |  |
| --- | --- |
| M & B Swing |  |

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| --- |
| . |
| **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**