

# M & B SWING

**Count:** 64      **Wall:** 4      **Level:** intermediate

**Choreographer:** Rob Fowler

**Music:** **Sick & Tired** by 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  $\frac{1}{2}$  turn right, hold

**STEP  $\frac{1}{2}$  PIVOT TWICE, ROCK STEP, COASTER STEP**

57-58 Step forward left, pivot  $\frac{1}{2}$  turn right  
59-60 Step forward left, pivot  $\frac{1}{2}$  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**